

ATHLETIC JOURNAL

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The Play of the Defensive Linemen

Orv Dermody

The Fast Break

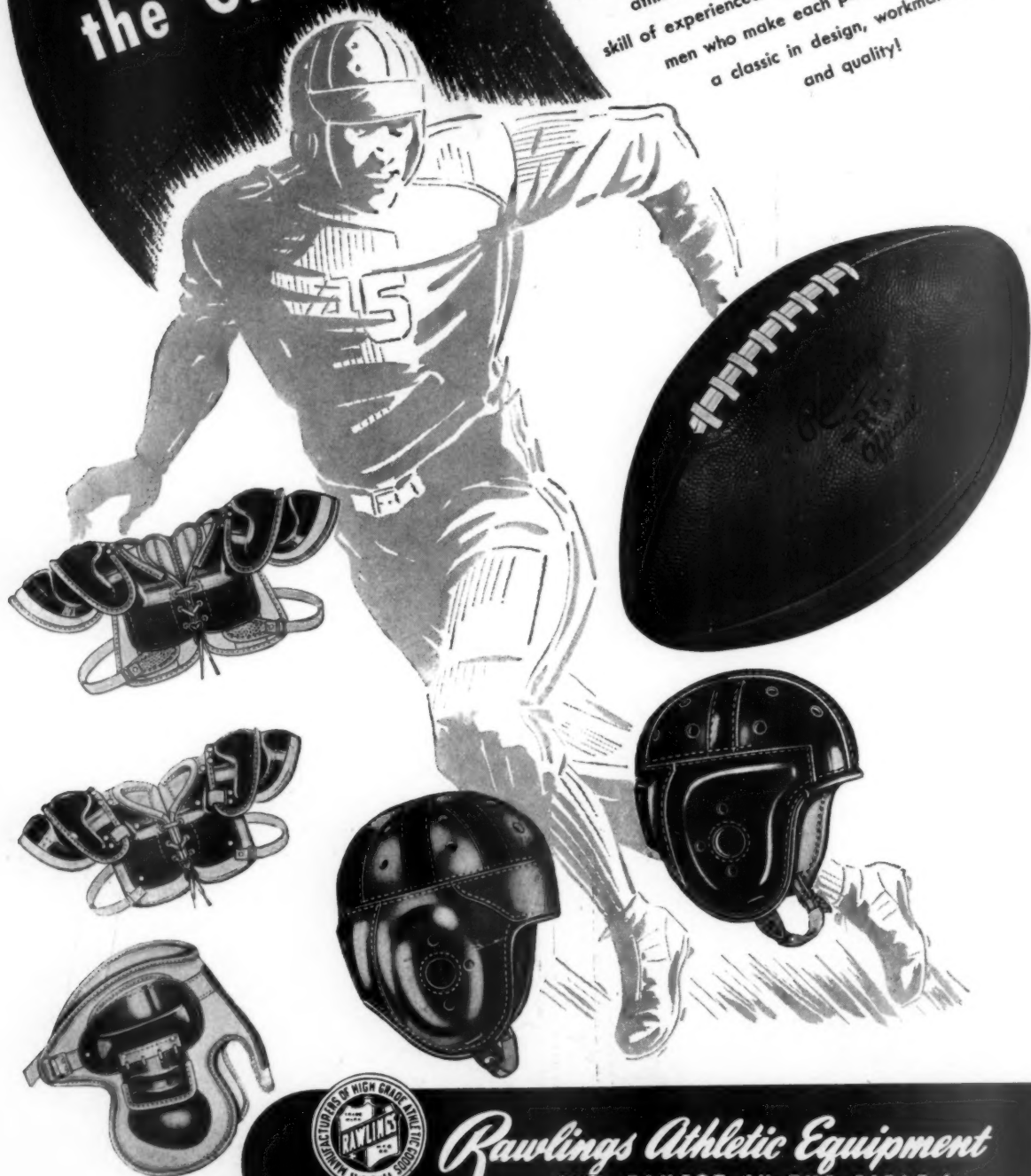
Charles L. Cummings

Defense Against the Fast Break

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FRONT COVER ILLUSTRATION

Elroy Hirsch of the College All-Stars makes a first down before being tackled by Fred Gehrke who led Howard Hickey in a race to stop the former Wisconsin star.

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TEXAS



from here and there - - -

BELOIT COLLEGE will reinstate baseball in its program this next spring. Beloit, like many other colleges, gave up the sport back in the twenties. Also, from Beloit comes word that Lyle Hope, former coach at Sparta, Wisconsin and Negaunee, Michigan High Schools, will join the athletic staff to coach swimming and assist in football. . . Tony Knapp, all-coast end in 1938 from Idaho, will coach football and basketball at Potlatch, Idaho High School. . . . Dick Treat, who won the Athletic Journal's 1938 contest on, "The Use That I Have Made of the Athletic Journal In My Athletic Training" is now handling the Spot-Bilt line in the Middle West. Dick, at the time he wrote his essay, was a pitcher at Senn High School in Chicago.

LARRY FITZPATRICK, Boston College track star, has been appointed track and cross country coach at Admiral Bullard Academy at New London, Connecticut. . . . The Eastman Kodak Company, in order to speed up the processing of football films has opened development facilities in Flushing, Washington, Jacksonville, Chicago, Kansas City, San Francisco and Hollywood, in addition to the home office in Rochester. . . . Bill Earley goes from Parkersburg, West Virginia High School to his alma mater, Notre Dame, as backfield coach.

DR. CARL D. VOLTMER of the University of Iowa, and more recently from the army physical reconditioning program is the new athletic director at California Poly. California Poly. is a member of the newly formed California Collegiate Athletic Association. . . . Otis "Rook" Hilton, a basketballer at Idaho in 1941 is the new basketball coach at Moscow, Idaho High School. . . . Emory University competes in only three intercollegiate sports, golf, tennis and swimming. The remaining sports are carried on in an intramural program. John Wydro is basketball coach in this program. . . . Standard Lambert, coach at Austin, Texas High School and author of the "Quarterback's Bluebook" has compiled an enviable record. In his own district his Austin teams have won 37 out of 40 for a .925 percentage and his overall record is 69 won, 8 lost and 3 tied.

KEN PARKER, a member of the Illini Whiz Kids of 1942 has been named director of athletics at Cornell, Illinois Community High School. . . . Dom Matiazza, a footballer at Illinois last year, is the new baseball and basketball coach at

Piqua, Ohio High School. . . . Eddie Chinske whose Missoula High School team won the Montana State tournament goes to the athletic department at Montana State University. . . . Eck Curtis moves from Highland Park High School, Dallas to the athletic department of the University of Texas. . . . Edward Boell leaves the Great Neck, Long Island High School where he has been in charge of physical education for a number of years to assume the duties of athletic director at Eustis, Florida.

JACK TREECE, former Illinois line coach, is supervising the veterans athletic program in the Rocky Mountain area. . . . Johnny Sabo, coach at Vermont and Yale before serving in the Tom Hamilton program, is now in the alumni office of his alma mater, Illinois. . . . Paul Sizemore, former punter of note, will be end coach at his school, Furman. . . . Bob Officer, former head trainer at Oregon, is now farming near Eugene. . . . Kansas is debating whether to establish a state play-off in football.

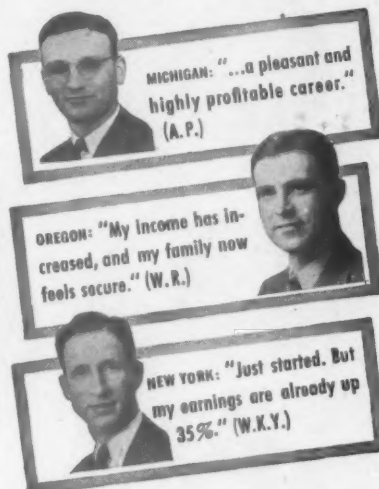
HAROLD "PETE" HATCH, former coach at South Glens Falls and Kingston, New York High Schools joins the Coaching staff at Ithaca College. . . . Perkiomen Prep School in Pennsburg, Pennsylvania has named James Quigg Athletic director and has upped Glenn Lytle to the head football spot. . . . Bill Luther, Wolverine footballer of 1939, and later basketball coach at Ann Arbor, Michigan High School has joined the Pennsylvania Rubber Company as salesman in the Pittsburgh branch. . . . Ben Lacy, Jr., a Davidson back, has been named as assistant football and track coach at Virginia Tech. . . . Thomas Corrigan, Braintree and Bourne, Massachusetts high school coach, has been appointed athletic director at Aroostook State Normal School, Presque Isle, Maine.

NIG WALLER, great athlete at Vanderbilt in the twenties, is now athletic officer for the Pacific fleet. . . . Bob Flora, former star at Michigan, and more recently of the navy, is rebuilding the football fortunes of Niles; Michigan High School. . . . Steve Gergeni, the new assistant football coach and head of physical education at St. Benedict's College in Atchison, Kansas, formerly successfully handled football at St. Peter's High in Jefferson City. . . . "Dee" Erickson has deserted the coaching game for the sporting

(Continued on page 54)

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Highlights of the Oklahoma and Texas Coaching Schools

By Otis Coffey

Football Coach, Pampa, Texas, High School

INSTEAD of brief reports of all of the excellent lectures and demonstrations given at the Texas and Oklahoma coaching schools for this issue, I have selected from the Oklahoma school a lecture by Fritz Crisler on single-wingback fundamentals and part of a lecture on the value of fundamentals in the T by Ed. McKeever. From the Texas school which had an enrollment of nearly a thousand, the largest in the history of the Texas Coaches Association, my report includes a discussion of the Illinois T formation by Ray Eliot.

Single-Wingback Fundamentals

By Fritz Crisler

IN STARTING my discussion on offensive football I probably am discussing the wrong topic first. Instead of the type of formation being the outstanding factor in offensive football, I

want to impress upon you that the execution of fundamentals is the important thing. If a team is well-grounded in fundamentals, the coach of that team may be successful in using any kind of formation.

We use a single-wingback formation from an unbalanced line as our basic offense. I have worked with this formation for a number of years and believe that it accomplishes my purpose in a very creditable manner.

Signal System

For a number of years we have been faced with the problem of not knowing just exactly what type of defensive formation our opponents will use on any particular down. There are no restrictions in the rules governing the number of players on the line of scrimmage. For this reason the old method of numbering the defensive holes in designating plays became very ineffective. In an effort to simplify the problem of the offensive lineman's assignment, we started numbering offensive men. Simpli-

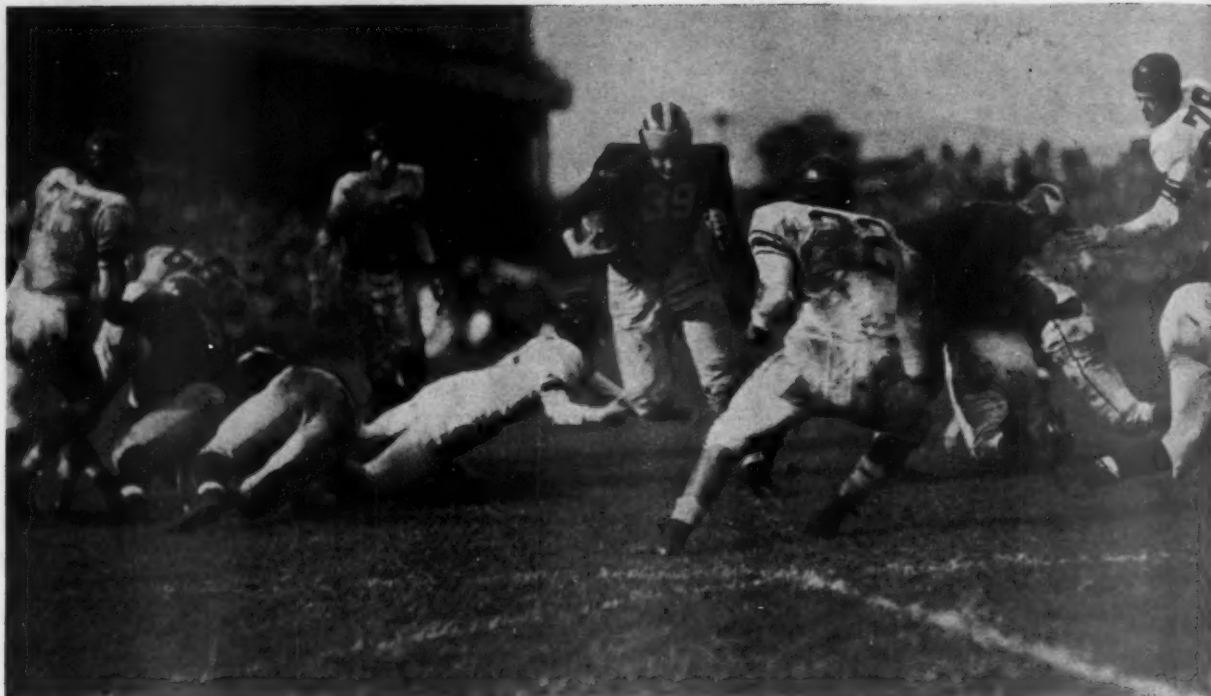
fication of methods and technique is the most important thing in coaching football. Whereas, in the old method, we had to have a separate set of plays for the five-man line, for the six-man line, and for the seven-man line, we now have a system by which we can draw up a set of plays which are fairly successful against any type of defense to be encountered.

We employ about twenty-seven plays from the single-wingback formation, eighteen of which are basic single-wingback plays. Nine of them are of the deceptive delayed type.

Component Parts of Every Play

The purpose of numbering the offensive holes is to devise a system which will allow the successful execution of a play regardless of the type of defense encountered. I have worked out a system which I believe has helped me in accomplishing the above purpose. All of my plays can be broken down into six component parts, as follows: 1. Blocking in at the hole; 2. Blocking out

ACME



Dan Dworsky (39), Michigan fullback, coming through the line in the Northwestern game.

Acme

at the hole; 3. Blocking ahead of the play in the secondary; 4. Blocking through the hole; 5. Check blocking; and 6. Blocking at the cut-off.

Every play that we use will have all of these component parts except perhaps the fourth one, that of blocking through the hole. We designate to our men the assignment of blocking a tackle, a guard, or an end because we do not know where these defensive men will be when the ball is snapped. We do not mention defensive players, but, instead, we talk in terms of the six component parts of every play.

Fundamentals

Regardless of the formation we use or any system that we may use in teaching the assignments to the players, we cannot escape the fact that the essence of all football is blocking. The type of block that a coach uses in a particular situation should be governed by what he wishes to do. Of course, the main objective of any blocking is to keep an opponent away from the ball-carrier or from the path of the ball-carrier. In order to do this, at times it is necessary to move the opponent; at other times it is wisest to hold him where he is; and at still other times it is essential to prevent him from taking one particular course or to check him. One man is usually assigned to the job if the object of the block is to check the opponent momentarily or to prevent him from taking a given course.

There are many different kinds of blocks in use today, but I shall discuss only a few

of the fundamental blocks which we use. Again I am of the opinion that a coach should break the work down so that the players can easily grasp what they are expected to do.

Component Parts of Any Block

All blocks may be broken down into several component parts or essentials.

The first component part has to do with the use of the eyes. A player who closes his eyes in making a block does not have any better chance to do a good block than a blind man. The blocker should keep his eyes on the target that he expects to hit.

It is very difficult for a boy to break the habit of blocking or tackling with his eyes closed. During the off-season, the coach may encourage the player to enroll in a boxing class. Boxing will help a boy keep the eyes open because if he closes his eyes, the consequences might be discouraging. Another thing that we do to help a boy break the habit of closing his eyes is to have him work on a soft tackling dummy filled with cotton batting.

The next part of a good block is the carriage of the feet. It is important that a boy keep his feet under him even after he has made contact. A good drill that teaches correct carriage of the feet is to have the player drive through the man who is to be blocked. Leaving the feet behind when executing a block is just as disastrous to the blocker as having his feet cut out from under him.

Another important component part of

a good block is the carriage of the body. The main objective in any block is to get the body between the defensive man and the ball. Again a good practice is to insist that the blocker block through and beyond the defensive man. If this is accomplished, he will have proper carriage of the body.

Low leverage is an important component part of a block. If a man does not have low leverage, he can never expect to move a defensive man.

The last component part I shall touch upon is the ability of the blocker to release the defensive man at the proper time and to break into the secondary for downfield blocking.

Tackling

I strongly advise that a coach know exactly why a player makes a bad tackle before he gives him a tongue lashing. He should try to help the boy correct his mistakes by showing him what is wrong with his technique. It is wise to correct only one thing at a time in teaching the boys correct technique in blocking. I would correct the faults in the following order: the use of the eyes, the carriage of the feet, the carriage of the body, the use of low leverage, and the practice of breaking off and going into the secondary.

Basic Plays

I try to work out my basic plays with reference to my five front men who are

more or less constant in their positions and in their relations to one another.

It has always been a common practice among coaches to make their off-tackle plays their basic ones. I learned a long time ago while playing college football that the tackles are the toughest defensive men on the field, and I have never been so stubborn as to insist on running plays at them. In a game against a team coached by Howard Jones at the University of Iowa, I was impressed with the disadvantage of running basic plays at the defensive tackle. I played the right offensive end position, and it was my assignment to block a big negro by the name of Duke Slater. During those years, the "rabbit punch" was legal, and the big Iowa tackle made good use of it during the entire game. I also learned another valuable lesson during that game. I found that it was bad practice to try to humble or "lick" an opponent by making him "mad." I tried this scheme on Duke, and he almost had me "beaten into a pulp" before the end of the game. I insist that my players compliment the opponents on the fine game they are playing, but never curse, or make them angry.

In making a study of my front five men, I have found that these five men are rarely ever confronted with more than two defensive players. I design plays which must be stopped by these two men if they are

not successful. Usually these two men are guards who are not so large or so rugged as the tackles. Our basic plays are built over the five offensive men in my front line, and we continue to run our basic plays until they are stopped. When they are stopped, we look to see where the strength came from, and to see whether there was a weakness created.

There are several other reasons why we direct our basic plays at the defensive guards. In the first place, the shortest distance from a backfield man's position to the goal line is over the defensive guard's position. Then we have both defensive guards flanked, giving us advantageous blocking angles in any direction in which we desire to take them. And, furthermore, as I have said before, the guards are not usually so rugged, tough, and large as the defensive tackles. If we find that our plays go well over the defensive guard's position, we continue to use the plays. When we find the plays are being stopped, we start analyzing the origin of the support. If it comes from the tackle position, then we think of running off-tackle and around ends because the tackles will have subjected themselves to being flanked.

Stance of Linemen

We are not too concerned whether a lineman has his left or right foot back in

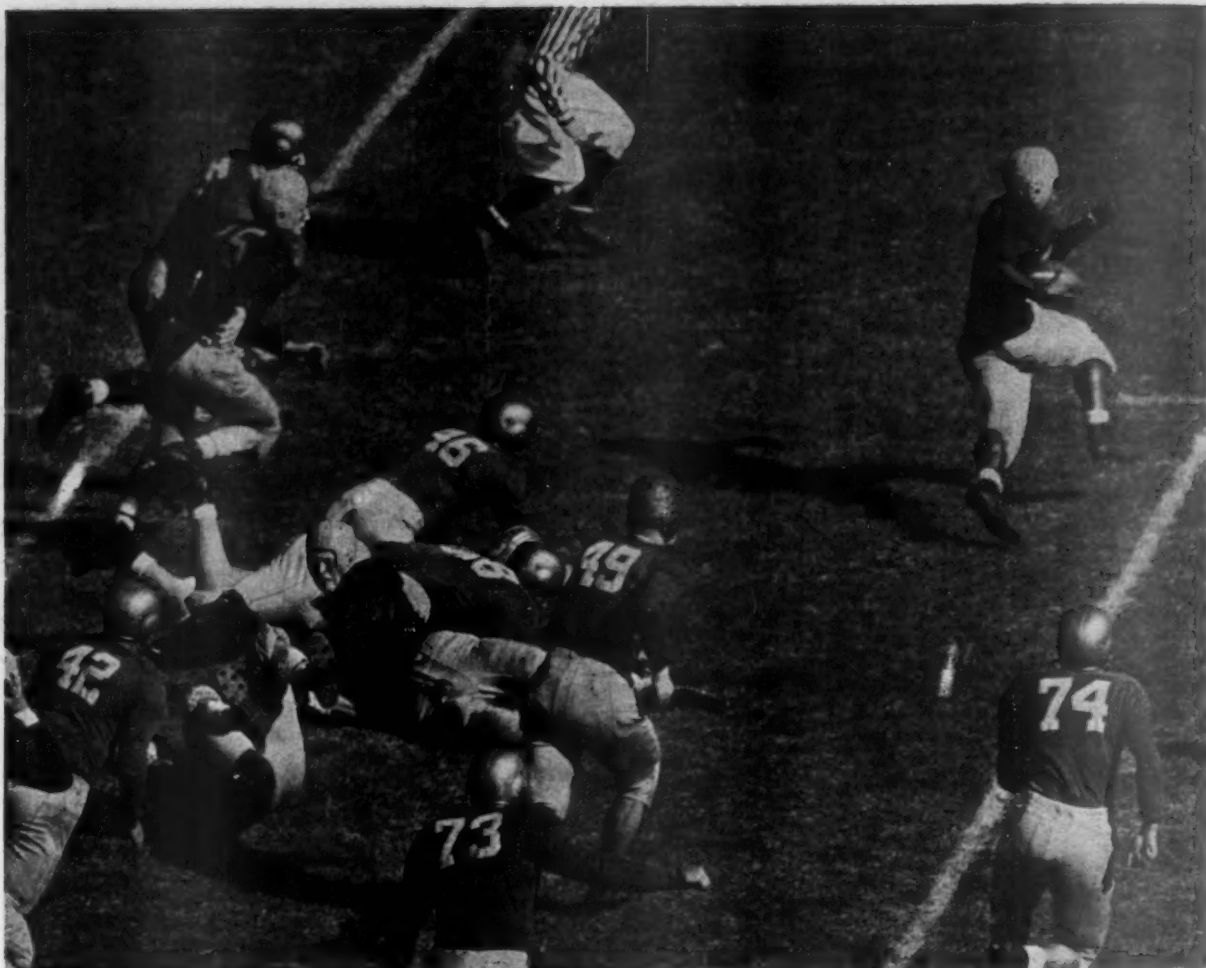
his initial stance. We are concerned with whether or not he is able to move forward, backward, and to either side with the stance which he has assumed. The stance should be one that is fairly wide and comfortable.

If a player is an inexperienced boy, we teach him to obtain his stance by use of a square two feet on the side. He places one foot in one corner of the box and the other in the opposite bottom of the box. We then instruct him to place the hand opposite the front foot in the other front corner of the square. The player then moves his back foot up until he feels comfortable. We like to have the boy move his foot back up until it is even with the front foot. A lineman with both feet on an even keel will have greater leverage and a better coil.

There are a few things upon which we insist. In the first place, we tell our linemen to assume a stance with a low leverage. The buttocks must be down, the head up, and the shoulders square. We warn the players against occupying more territory than they can handle. If their feet are too wide apart, there will be too much space between the bodies of the linemen. They are told never to occupy more territory than they can control. Their knees should never be wider than their feet. If the linemen use too wide a stance, line-backers can leak through.

Pete Elliott (45), Michigan back, hops across his fallen team mates and opponents to carry the ball for six yards.





Claude (Buddy) Young starting a 74-yard run for a touchdown in the 1944 Illinois-Notre Dame game.

Method of Opening Holes

There are two schools of thought in opening holes. One group of coaches prefers to open holes by having the key blockers charge the defensive men straight backward. I maintain that this practice only delays the tackle, for, even though the defensive men have been moved backward, they are still in good positions to make the tackle. The tackle has just been delayed. We prefer to use the lead-blocker—blocking-post principle. This method results in splitting the defensive linemen and moving them laterally away from the path of the ball-carrier. The defensive men blocked are no longer potential tacklers. If the defensive man is being flanked by the blocking-post, leaving no one between the lead-blocker and the blocking-post, the lead-blocker should drive toward the blocking-post with one step, then break off into the secondary ahead of the runner. In this instance the blocking-post becomes a lead-blocker in moving the defensive man laterally away from the point

of attack.

In some instances the lead-blocker may direct his charge laterally on a man stationed in front of the blocking-post, and as soon as the defensive man is moved sufficiently for the blocking-post to thrust through with a cross-body block, the lead-blocker breaks off into the secondary.

Lateral Openings

In making lateral openings, the two offensive linemen nearest the point of attack become lead-blockers in driving the defensive men laterally away from the path of the ball. Their first charge is directed forward, then laterally, with a wheeling motion, opening a hole between them.

The lineman adjacent to each lead-blocker aids him by keeping the seam closed, and the lead-blocker assists by staying in front of the opponent. He stays in front of the defensive man until the lead-blocker starts moving him laterally. As lateral pressure is applied by the lead-blocker, the blocking-post double-teams

with the lead-blocker in wheeling laterally and driving the defensive man away from the path of the play.

A common fault of players in executing this block is for the blocking-post to charge into the defensive man instead of merely getting in front of him to stop his forward progress and thus absorb the initial shock of the defensive man. The timing of this block requires that the lead-blocker apply pressure first. If the charge of the blocking is not controlled, the two blockers will apply pressure on the defensive man at the same time. In this case the help of the blocking-post will be a detriment to the lead-blocker in moving the defensive man away from the point of attack. The main objective of the blocking-post is to check the defensive man's charge and hold the seam. On the other hand, the lead-blocker charges with utter abandon, using a shoulder block, starting forward at the head of the blocking-post, and taking his first step with the foot opposite the one nearest the blocking-post.

(Continued on page 28)

PLAY OF THE DEFENSIVE LINEMEN



The defensive left end meeting the charge of a blocking back. The end, his inside leg extended to meet the blocker's charge, has good body-lean forward, and shows good use of the hands and arms.



The same defensive left end playing off the blocking back as the play widens. He continues to use hands and arms to ward off blocker's body contact as he cross-steps with the inside leg.

A WELL-KNIT offensive in football functions because of good teamwork. Likewise, the importance of close relationship between linemen and backs on defense cannot be stressed too often nor too much. All too frequently one sees a disregard for this point, and instead of harmonious line and backfield play, we find a loose haphazard individuality.

Strong-Side Line Play

The strong-side defensive players have their hands full against power plays of any type. Likewise, they are put to the test when a set of speedy backs sweep wide and many a problem has to be solved when they are faced with the threat from the flanker or the man-in-motion offense.

In the following paragraphs are presented some methods employed against the old standard formations. Defenses against the flanker, the man-in-motion wide, or the spread call for different treatment.

Basically we use a six-man line and the following discussion evolves around the six-two-two-one pattern. Two old familiar key plays from the single wing or the box are the off-tackle and the sweep outside end. Each has its variations and each in

ORV DERMODY, a graduate of Loyola University of Los Angeles, coached at Messmer High School, Milwaukee, before becoming assistant to Tom Lieb at the University of Florida. The last two years he was head coach in football, basketball and track at St. Catherine High, Racine, Wisconsin, his team winning the conference championship in football with a record of eight wins and no losses. September first of this year, he became head coach in football, basketball and baseball at St. Francis Minor Seminary, formerly known as Pio Nona High School.

itself can keep the linemen and line-backers busy. When used as check or set-up plays to each other, they double their potentiality. Good faking, solid blocking, and a clever running back make these two plays, either to the strong side or to the weak side, a running offense in themselves. Diagrams 1 to 4 show a popular variation of these plays.

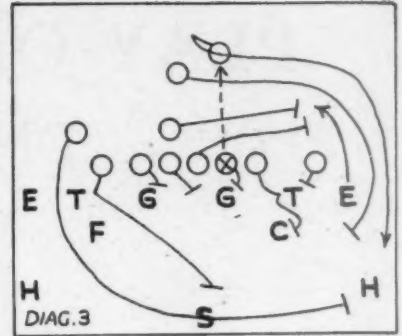
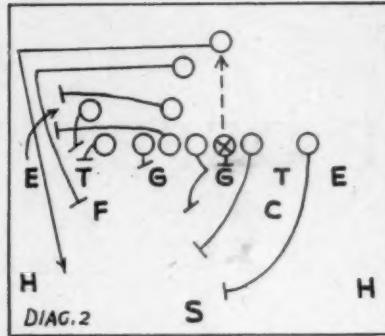
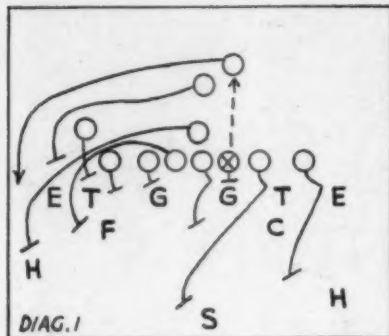
Let us take up the strong-side defensive tactics first. The strong-side end is set close to his tackle so that each can touch each other's outstretched hand, and both vary their positions as the wingback varies his. Though the end is close to the back, he can be very effective through quick diagnosis and fast moves based on clever

hand and footwork.

The tackle usually plays the outside shoulder of the strong-side end, varying this position with that of the wingback. His movements must be hard driving; he is the "dynamiter" and offense upsetter. He must be rough and tough enough to drive recklessly into the blockers. He must hit before momentum is high, and he must disrupt the interference. He forces the ball-carrier either in over the guard or wider and without most of his protecting interference.

The guard keeps a close contact with the tackle and may often be found on the offensive tackle's inside shoulder, but this position is frequently varied. Whether a crasher, a charger, or a waiter, the hands (forearm shiver) come into play on the initial move, and with this first move the guard as well as all linemen must use the split-vision method of seeing what is going on at all times.

Watching the blockers and the ball-carrier while feeling the direction of blocking pressure by wingback and end indicates to the tackle the path of the runner. The guard usually experiences this while working against the offensive tackle, and the end encounters the same thing as the blockers or blocker move toward him. The guard's job is to upset blockers and ball-

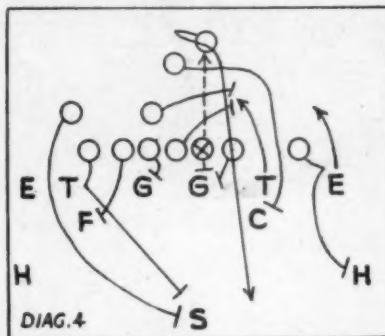


carrier alike. He should not be partial but rather satisfied to spill the interference even though his team mates make most of the tackles. Hence knifing, submarining, butting, and crawling maneuvers come in handy.

Usually "fight against blocking pressure" is sound advice to linemen. Sometimes a smart blocker will use his first move as a ruse, but more often the offense is content to hit and block in or out in one movement.

Driving over the near blocker (usually the end), or faking to do so and then concentrating on the blocking back prevents two-timing, high-lowing, or post-blocking. If the second or outside blocker comes in low, a side-step, limp-leg tactic will prevent disaster. Important, of course, are full recovery and a readiness for follow-up blockers who delight in picking off the unwary or the contented lineman.

As the tackle crashes into the midst of the play, he decides on what he must do. If the play is coming straight over him or just inside, he may dive, roll, shoulder-block the blocker, or split the interference and grab the runner. Sometimes he may



force him back over the guard or inside the line-backer. If the play develops wide, he works into the blockers and toward the ball-carrier with good use of the hands and forearms, keeping direct pressure off his own end. The important point is that the tackle's charge should shake up the offense and prevent momentum from gathering.

When a cut-back develops either as planned or forced by the tackle's charge, the defensive guard must be prepared to meet its power. His best maneuver is to be close to the ground and if he cannot

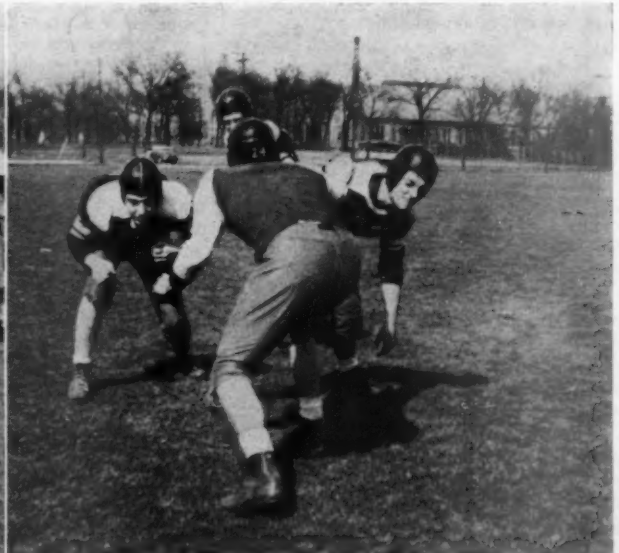
"pick the ball-carrier clean," then a defensive block or clip from in front should spill both interference and ball-carrier. The old trick of grabbing legs never did a defensive guard any harm, and usually checks the ground gainer.

The end hits in sharply, working off the closest blocker. If he can force the play over the tackle by not allowing a wide gap on defense, he is doing a good job. The pressure on the blocker must be constant. If the second blockers and ball-carrier sweep deep and wide, he keeps abreast of them by cross-stepping and hand-sparring with these blockers. He works toward the ball-carrier, stripping the interference as the play moves laterally.

The cross-step, lean of the body slightly forward, and the use of the hands and the arms are important phases of the fading maneuver. The end steps in to meet the blockers with his inside leg extended slightly inward. As he moves out, he first crosses the inside leg, and then recovers by stepping sideways with the rear leg. In this moving position he may continue wide, stop quickly, retreat slightly and recover, or commit himself into a position to tackle

The defensive left end has discarded the first blocker and is repeating the hand and arm action and the fading process on the next blocker who attempts to turn him in.

The defensive left end splitting the personal blockers of the ball-carrier. The end may still recover if the play sweeps wide.





The defensive left tackle and guard using their hands on the offensive linemen as they make their initial move across the line of scrimmage.



The weak-side end playing off the first blocker with the inside arm while driving his other shoulder into the deeper blocker. His inside leg is extended.

the ball-carrier.

If, on a definite sweep, the blockers and ball-carrier get an outside advantage, the end may recover by giving ground while stepping out in order to ease the pressure on himself. He quickly assumes the forcing movement when the danger of being outflanked has been averted. Thus the end concedes a short gain, yet prevents being run over.

Another trick is to pivot suddenly backward a few steps, turning to the outside and coming up again facing the opposition. This should likewise regain any lost advantage of position on the blockers. A movement of this sort must be executed deftly and aggressively. It should be used only when an overwhelming force of interference is imminent.

Driving the ball-carrier out of bounds is commendable. Stripping his interference and making him show toward the line of scrimmage should enable the line-backers and the deep secondary to come up and stop him with a minimum of gain. The strong-side line-backer works hand in hand with his tackle and end, and usually knows in advance which moves they will make, particularly if either plans an inside crash.

The line-backer, a constant target for a shooting or pulling blocker, gets some protection from his tackle as the play starts. He too, must be proficient in the use of hands and feet in warding off blockers. Keeping on his feet and making the right commitments are the important tasks of the line backer. Without his close cooperation and smart aggressiveness, the good work of the linemen would often go for naught. Furthermore, many a capable line-backer will plug a whole caused by the inefficient work of a lineman. This

again emphasizes the importance of team play on defense.

Weak-Side Line Play

Still keeping in mind that we are working against the box or the single-wing offenses, we will take up the problems confronting the weak-side defense.

When unbalanced lines came into use, the terms, weak-side and strong-side were adopted to distinguish positions on either side of the offensive center. In the early stages of this style of offensive football, the stronger and more reliable blockers were found on the strong side, and consequently the most capable defensive men were set against the offense's strength.

For a time it was a comparatively easy matter to stop close-in weak-side plays due chiefly to the fact that this phase of the offense was slower in development. The accepted idea was that first downs were to be gained principally by the strong-side off-tackle smash, and that the only short-side ball-carrying success came off a double or triple reverse on which either or both the weak-side end and tackle were faked out of position, or slid to help their strong-side team mates.

Smart weak-side defensive linemen held their position, fought off the blockers who had bad angles, and then went in to stop the weak-side thrusts. Frequently, too, they upset the offense with their rushing, pressing tactics. Thoughtful coaches, devoting time to the problem of how to balance the offensive threat, developed the spin and trap sequence with the shuttling end. This development placed greater demand on the ability of the weak-side end. Other equally progressive coaches developed another blow to the weak-side de-

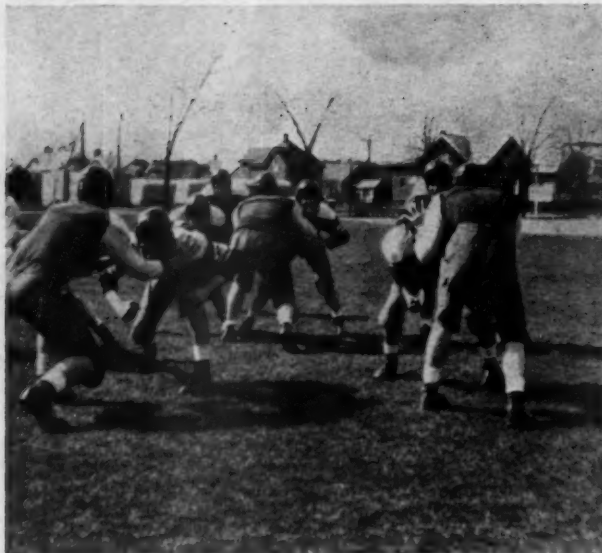
fenders with the introduction of double-teaming, the delay off a fake pass, or a fake strong-side run. Two hard-running blockers put an end to the "pussy-footing" linemen, while the trap-blockers took care of the crashing, rushing opponent.

Soon the weak-side defense began to lose prestige and to present less of a problem for the attackers. The offense had gained a distinct advantage. To wait on the line meant bruising double-teaming, or reverse-blocking by a boxing end. To rush across the line with abandon invited disaster from a crafty, yet brutal trap-blocker who came from "nowhere."

The time had arrived for the defense to change its tactics in order to regain the lost advantage. Even to this day that problem continues to worry the weak-side linemen. To disregard it invites only trouble at the hands of the well-trained teams. The way out of the situation calls for some fine distinction plus the usual amount of hard work by coach and players alike.

Against a single-wing unbalanced line, the six-two-two-one defensive weak-side guard usually plays over the center or slightly off either side of the center's head. His exact position and relationship to the center varies with each situation. Against double-teaming he must fake one man and "work over" the other, preferably the weaker blocker. The guard must use such tactics as a high fake and a submarine; a fake over one opponent and a knife between; or an old reliable fake with the hands and a shoulder block. All of these tactics must be used with the head up, and eyes alert for the ball-carrier.

The guard's angle of initial charge may vary a bit, but once committed, his charge should be toward the middle. This im-



The weak-side tackle has penetrated deep. He, too, must split the blockers. In Illustration 6 he has driven one blocker away with his shoulder and the other with his right arm.



The defensive tackle is about to lunge at the ball-carrier. The left guard has faked low and has leaped over a blocker, while the weak-side line-backer fights off a blocker.

portant point in its execution will prevent mousetrapping or side-swiping, and frequently will lead the guard into the heart of a weak-side play.

If the spinner is the original ball-handler on his side, the guard must make it a habit of always hitting him whether he retains the ball or not. This will forestall any "sleeper" play in the form of a counter-spin.

Keeping semi-low is a good policy, and keeps a lineman on close-line play in a position to make damaging tackles, blocks, side swipes, or squeeze plays. The latter is the act of forcing the ball-carrier over a team mate's position when one cannot get close enough to tackle him.

The all-important position of weak-side tackle is a tough spot to play effectively. Proper use of the hands, feet, shoulders, and hips, plus quick mental adjustments make for good defensive tackle play. After crossing the line of scrimmage, the tackle's next move is to angle inward as he meets the blockers. Angling in will guard against "trappers" who rely on the surprise element for success. If blocking pressure indicates an inside play, the tackle must hold his ground. Against a two-on-one situation, he may fake at the deeper blocker and lunge into the closer-to-the-line blocker, using the inside forearm and shoulder. This movement will take much of the drive out of these men and at the same time tend to split the double team. Dropping as low as the close blockers prevents being driven out. Even a dip lower and an upward-driving shoulder charge are profitable maneuvers.

Keeping pressure on the inside play is the keynote to weak-side tackle defense play. This is the major difference between strong- and weak-side line play. This ap-

plies particularly to the tackle. Should the play develop wide, the defensive tackle must ride it out in order to shorten up the area between his own end and himself. He likewise will be able to split or ward off the blocker and go to the ball-carrier.

Aggressive use of the hands, proper footwork, even fading back a step or two, and other tactics help keep a man on his feet. These will enable a tackle to stay abreast of the play and be a real bulwark.

Hitting the formations before they are underway makes the work of the blockers uncertain, and thus keeps the advantage on the side of the defenders. Making each blocker commit himself into an attempted block as the tackle chooses enables the tackle to retain a good defensive position as he works closer to the ball-carrier, and as his team mates recover and close up, thus forcing the ball-carrier to take his chance against a host of tacklers.

The weak-side end must come in sharply in a manner similar to that of his tackle. This holds true providing no flanker or man-in-motion has moved out or is set outside of him. Against the standard box or single wing his tactics are somewhat akin to those described in weak-side tackle play. His first concern is to prevent single- or double-team blocking from riding him out. Simultaneously he must put pressure on the ball-carrier in order to make him commit himself sooner.

The weak-side end must always bear in mind that the inside offensive threat is the bugbear for the guardians of the short side. That is the place where the big gainers break through, and the end must primarily favor the inside.

A smart crashing end may upset an inside play, but used as a regular maneuver, this would invite any number of "sucker"

plays. It is better, therefore, to rely chiefly on the more generally-accepted style of play with an occasional surprise maneuver.

If the attacking team uses a shoulder-to-shoulder, double-team or tandem style for taking the end out, a wide end, a waiting end, or a hand-fighting end may find himself quite helpless against this powerful method of blocking.

I have found a system which, though rugged as to execution does the job of taking the force out of the blocker, and enables the end to hold his ground, retain some semblance of a maneuverable position, and keep pressure on the ball-carrier and off the defensive tackle to some extent.

The end drives across the line, angling in slightly. Keeping the ball-carrier in view, yet giving the blockers due attention, he hits the front charger with a lowered inside shoulder and gives the deeper man a heavy, two-armed thrust with the hands and forearms. He dips low if necessary, even going down on the outside knee momentarily as contact is made. This fast move usually splits the double-team and gives the defensive end a quick shot at the ball-carrier cutting inside.

If, after the end crosses the line and makes initial contact, the runner indicates a wide sweep, a different method of hand and footwork is used. Unless the end has been "tipped off" before he penetrates too deeply, or he deliberately lies back to cover the weak-side flat against passes, he should play against the blockers. If he finds himself momentarily trapped he loosens up by retreating, cross-stepping toward the side lines, his upper body slightly bent forward, using a protective action with the

(Continued on page 50)

The Fast Break

By Charles L. Cummings

Athletic Director and Basketball Coach, Anderson, Indiana, High School

THE theory upon which the fast-break in modern basketball is founded, was advanced by the confederate general when he fought his campaigns upon the basis of "getting there fustest with the mostest."

If asked the question, "What is the most fundamental necessity for a successful fast break," one must say, of course, rebound strength, at the defensive board. Many teams with superior rebound strength, however, fail in the use of the fast break, because they are not thoroughly imbued with the idea of getting to their offensive end of the floor "fustest with the mostest."

I am thoroughly of the opinion that the best set offense against a good set defense, is to secure a scoring opportunity by means of a fast break before the defense is in position.

The first thing that players must understand about a fast break is to know what they must look for to have an opportunity of fast-breaking. We want the players to think "fast break" anytime there is an opportunity for a two-on-one, three-on-two, four-on-three, and even occasionally a five-on-four situation. We stress the "anytime" part of this thinking a great deal, because opportunities will be presented to the alert team after jump balls, out-of-bound plays, and interceptions, as well as in rebounds at the opponents' offensive board.

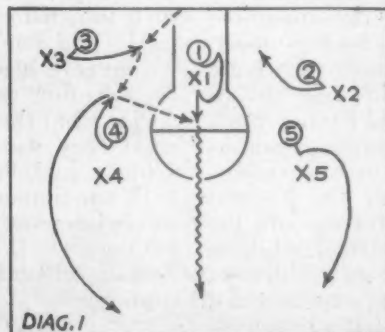
Since ability to recognize, and take advantage of, these opportunities when, or even just before, they occur, rather than after the defense has recovered is so important, we spend much of our early practice time and some time each day during the entire season giving the squad practice in using two-on-one, or three-on-two situations. In fact, one of our early passing drills calls for three boys to advance the ball down the floor, being sure to get it into the middle for either a shot or pass off to either side when they reach scoring position. This drill is used for the first night of practice as a conditioner and as a method of reducing the size of the squad.

The next point stressed is the importance of getting the ball in order to start our fast break. Since many opportunities to get the ball come as a result of a defensive rebound, we never miss an opportunity to emphasize this phase of the game. Not only do we verbally make it important, but we spend hours of practice in defensive backboard play. We feel the most important single thing about good defensive rebound play is to get a boy to make his opponent commit himself, then

pivot in front of him before looking for the ball. Many players make the mistake of forgetting their opponents as soon as the shot is made, and as a result many times either lose the rebound entirely, or a held ball results.

After the rebound is taken, the next important step is the first pass to a team mate. We stress the word "pass" because, in our opinion, it is dangerous for a player to make a habit of tapping the ball rather than getting complete possession of it. We want our boys able to use either the short or long pass at this point in the fast break. If the opposing team is foolish enough to give the opportunity for a long pass down the floor, there is no quicker or easier way to pick up two points. Most of the time, however, the ball will be brought out by means of a short pass. Because we were fortunate in having as our center last season, John Wilson, who was very fast, and who, beyond any doubt, was the best high school rebound player in Indiana, a third method of coming out with the ball was at our disposal. On many occasions, he was able to take the rebound, pivot, and dribble by his opponent and with his two front-court defensive team mates, gave us a three-on-two situation. I might add that without his speed, this maneuver would not have been practical.

In order to develop the ability to sense and immediately act upon fast-break opportunities, we spend many hours of practice during the course of a season on the following drill: We like to use four teams at a time, two watching from the side, while two are on the floor. Team 1 lines up on the defense and Team 2 on the offense at one end of the floor. Team 2 puts the ball in play either from out of bounds or on the floor, using either our own style of set-offense or the type that our scouts have told us to expect from our next opponent. If Team 2 scores successfully, it retains possession of the ball. If the players shoot and miss, Team 1 attempts to



THIS article is the third in the series of articles to appear through the year by coaches whose teams won the various state basketball tournaments.

Charles L. Cummings' Anderson team won the 1946 state championship in Indiana by defeating Central of Fort Wayne 67-53. Before going to Anderson four years ago, he coached at Crawfordsville two years, where his team in 1942 played in the state finals. His 1944 team at Anderson also reached the state finals.

score by means of a fast break, assuming that the players are able to rebound successfully. If Team 1 does not get a fast-break opportunity, the play is slowed down, and the team goes into our set style of play. It is most important here, we feel, to stress looking for, and attempting, a fast break every time, but if by good defensive floor balance, Team 2 does not permit such an opportunity, it is most important that the players of Team 1 recognize this fact and retain possession of the ball, rather than run into an impossible scoring situation which usually results in loss of the ball. As soon as Team 1 starts its fast break, Teams 3 and 4 are ready to start at the other end of the floor. When Team 1 loses possession of the ball by a scoring attempt or misplay, Teams 1 and 2 leave the floor and return to the other end, ready to assume their positions when Teams 3 and 4 are out of the way. This time Team 1 will put the ball in play, and Team 2 will be on defense.

It is needless to point out that this drill gives the coach an opportunity to see many boys in action in all of the different phases of the game: Individual and team defense; individual and team offense; offensive and defensive rebound play; and many special situations such as, held balls, out-of-bounds, and free-throw situations, if the coach so desires. A great deal of enthusiasm may be obtained from this drill by having teams keep count of their scoring.

Constant drill is necessary for a team to be able to use the fast-break successfully, because it is much more difficult for players to perform the fundamentals of the game while traveling at about three-quarter speed, seldom ever full speed, than it is at the speed used by a team employing the slow break. It makes a much more interesting game in our opinion; the boys like to play this style, and most spectators like to see it.

In conclusion I might add that all fast breaks need not necessarily end in a short lay-up shot under the basket. The fourth man in a four-on-three situation gets many scoring opportunities from the front edge of the free-throw circle. It is absolutely necessary in three-on-two situations, that upon reaching the scoring position, the

(Continued on page 18)

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THE Senate in the closing days of the 79th Congress considered in committee a proposed bill to authorize the Federal Security Administration to assist the States in the development of community recreation programs for the people of the United States and for other purposes. We present herewith the bill itself.

"Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That the Federal Security Administrator is authorized, by means of technical and professional advisory services and the collection, publication, and distribution of specialized information, statistics, and reports, to provide, upon request, to the several states, to their political subdivisions (with the consent of the respective states), and to non-governmental organizations, assistance in their development of wholesome and adequate community recreation programs.

"Sec. 2. There is hereby created a National Advisory Board on Recreation Services to consist of the Federal Security Administrator or his representative, who shall be Chairman, and such other members as the Administrator finds necessary, to be appointed by him without regard to the civil-service laws. The appointed members shall be selected from leaders of national standing in the fields of public or private recreation or in related fields who are not officers or employees of the United States. Such appointed members, while attending conferences or meetings of the Board or while otherwise serving at the request of the Federal Security Administrator in carrying out the purposes of this Act, shall be entitled, while so serving away from their places of residences, to actual and necessary traveling expenses and \$10.00 per day in lieu of subsistence expenses.

The Board shall advise, consult with, and make recommendations to, the Federal Security Administrator on matters relating to the administration of this Act.

"Sec. 3. Nothing contained in this Act shall be construed as limiting or impairing the authority or responsibility of any department or agency of the Government under any other Act.

"Sec. 4. As used in this Act, the term "State" includes the District of Columbia and Territories and possessions of the United States.

"Sec. 5. There is hereby authorized to be appropriated for each fiscal year, beginning with the fiscal year ending June 30, 1947, the sum of \$450,000 to carry out the purposes of this Act."

During the hearing on the bill some two hundred and twenty-three pages of testimony both pro and con were recorded. The telegrams and letters which were included in the record were mainly from authorities on recreation and were pretty evenly divided in their opinions of the bill.

It is quite generally agreed that the bill as now written will not be reintroduced when the 80th Congress convenes. However, it is expected that a bill of similar nature, incorporating some changes will be introduced.

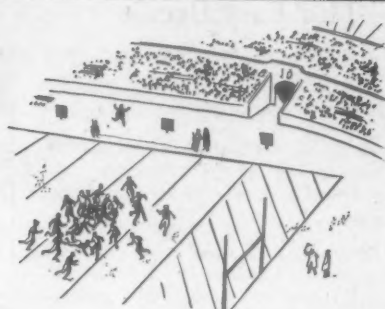
We feel that the present bill is not adequate, that it does not go far enough. In the first place we believe the bill should specifically state from what sources the advisory board should be selected. A board composed of political appointments would be unfortunate. A board composed of representatives of the leading organizations in the field of recreation would know what is needed and how best results might be achieved.

Let's start from scratch and state in the bill that the board shall consist of a representative from the following organizations: American Association for Health, Physical Education and Recreation, American Association of Group Workers, American Institute of Park Executives, The National Recreation Association, National Federation of State High School Athletic Associations, Society of State Directors of Health and Physical Education, The Athletic Institute and the American Camping Association, and other related organizations.

We think recreation is important, but to suggest that its importance outweighs some of the issues before this country is sheer folly. We don't feel that in these times, our Congressmen should spend their time listening to incessant bickering about the merits and demerits of a bill on recreation. Instead we suggest, here, that representatives of the above organizations meet face to face in a conference, decide what they want a bill of this type to contain, what they want an organization of this type to achieve, and, finally, if they cannot draw up a bill with unanimous support at least agree to abide by the opinions of the majority, and present this bill to Congress. It is hoped that one of the above organizations will take the lead in this matter and call a conference.

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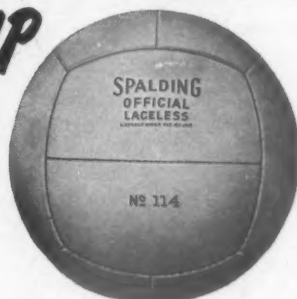
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The Fast Break

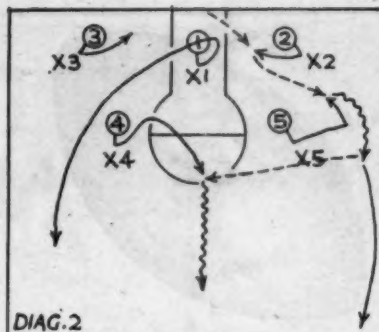
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ball be in the middle of the floor, where a shot or pass to either side is possible.

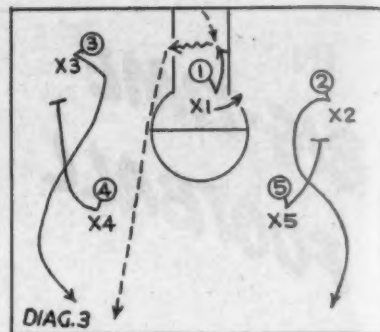
Some of the fast-break opportunities that we were able to use during the past season are shown in the accompanying diagrams.

In Diagram 1, X2 takes a set shot. O3 screens X3 and takes a rebound. O1 screens X1 from a rebound, then screens him from getting back on defense. O3 passes to O4 who passes to O1 and the 3-on-2 situation is under way.

In Diagram 2, X4 takes a set shot. The defense screens as indicated. O2 takes the rebound and passes to O5. O4 cuts to the



middle of the floor for a pass from O5. O3 or O1 makes the third man in the 3-on-2 situation. O4 may have to cut on across the floor and screen for O5 to dribble to the middle.



In Diagram 3, X1 shoots off the pivot. The defense screens as indicated. O1 takes the rebound. O4 and O5 screen for O2 and O3 to break down the floor for a long pass. O1 long-passes to either O2 or O3.

DEFENSE AGAINST the FAST Break

By Floyd H. Baker

Basketball Coach, Richmond, Indiana, High School

IN MY observation of basketball through the years, I have found that many teams are lacking an organized or planned defense against the fast break. When talking to one successful coach I asked why he didn't teach a planned type of defense against the fast break. His answer was, "There is no defense against lightning." This type of thinking is out of date for lightning rods made buildings safe from lightning and the fast-break defense

will make a team's basket reasonably safe from this so-called basketball lightning.

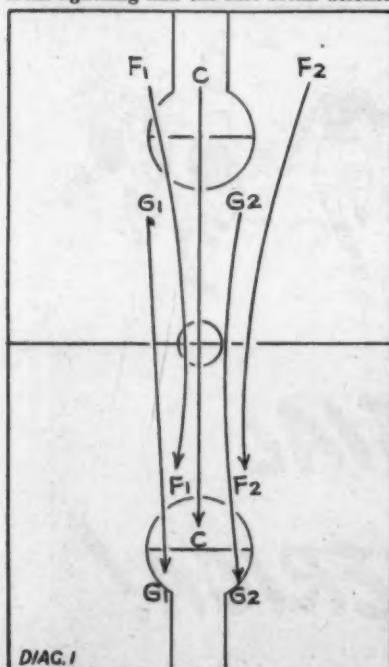
Many things go into stopping a fast break and the first of these might be listed as a good rebounding center and two good rebounding forwards for the opponents must get the ball before they can start a fast break. And to these two guards who keep one eye on the ball when it is on, or near the bankboard and you have the basis for a good fast-break defense.

Let us start this defense as soon as the opponents get the ball by having the man nearest the man with the ball play him high and on the side of his best throwing arm, thus eliminating the quick, long pass down the floor. If the ball-possessing guard can be forced to take one or two dribbles to the side, or make a pass to the side line, the "teeth" have been pulled from this form of basketball lightning.

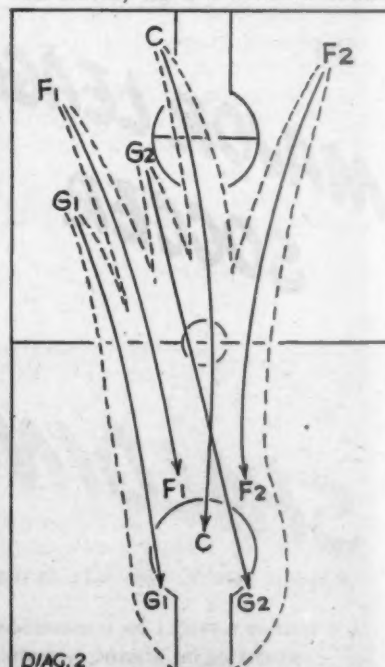
If the fast break has been successfully started by the opponents, then each member of the defensive team must know *what* to do, *where* to go, and *how* to go about going where and doing what he is supposed to do, and quickly.

In Diagram 1, let us show a balanced offensive set-up with the two forwards and center in near the board and the two guards about the outer part of the free-throw circle. When their opponents gain control of the ball and get their fast break started, they all break for the opposite end of the floor as swiftly as possible, taking the positions shown with the guards near the side of the free-throw lane where it hits the free-throw circle, the center on the free-throw line and the forwards on the outer part of the free-throw circle. This

gives each player a spot to which to fast-break for a defense and where by his presence and position, he can defend the most dangerous offensive area. When breaking back on defense, he swings to the middle of the floor, looks first ahead, and then to the side line nearest him. If he sees he can slow the offense or intercept the ball, he then swings to the position where he thinks he can help most. By swinging to the middle, the five defensive breaking



DIAG. 1



DIAG. 2

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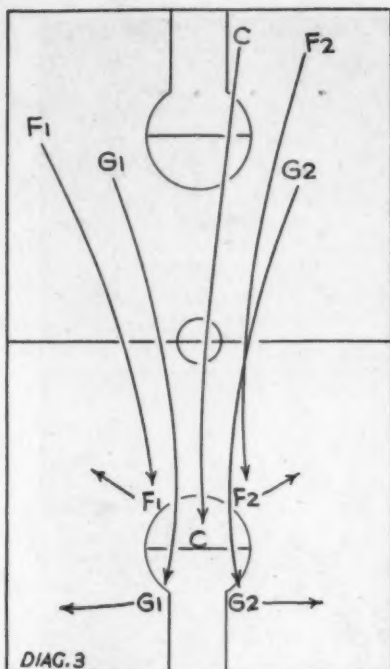
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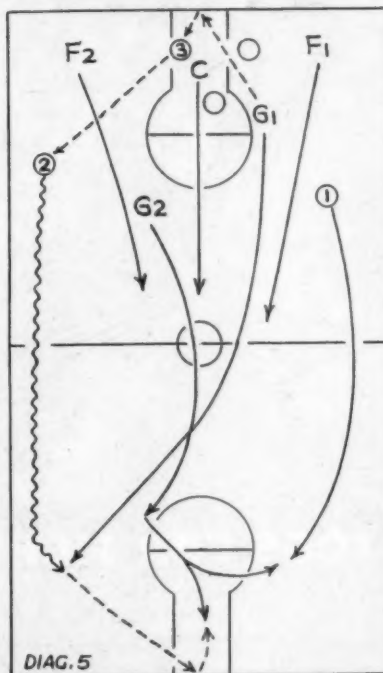
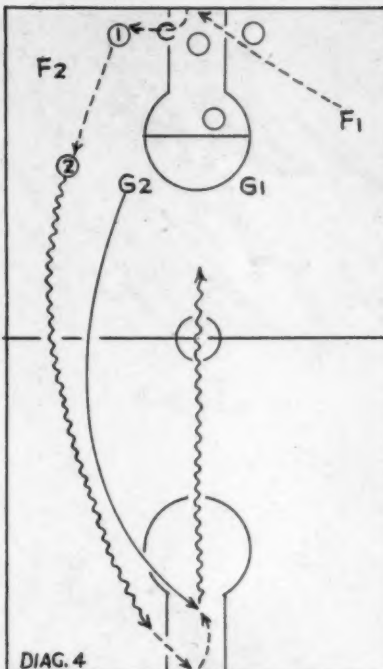


players can jam up and cross-defend the shaded area shown in Diagram 2 as they go back to their fast-break defensive positions. They are shown spread and unbalanced at the start to show how this jam-up defense is formed and operates. This eliminates cross-court play and forces the offense to the outside and to less dangerous areas.

When the five men are near, or have reached their fast-break defensive positions, they do not stand and wait for this so-called basketball lightning to strike them. Diagram 3 shows how they spread to so-called normal defensive positions. The center usually stays in about his original position.

Common sense tells us there is no defense for a fast-breaking forward with the ball who is ahead of his guard except to follow him in and worry him. If the forward misses, the on-rushing guard gets the rebound and can start back up the floor with the ball, starting a full or semifast break with a 5 on 4 situation in his favor as shown in Diagram 4 where F1 shoots and misses, and O1 who gets the rebound, passes to O2 who is ahead of G2. G2 follows in for the chances are O2 will miss about half the time due to his driving speed and the worry of the guard being behind him at full speed.

In Diagram 5 is shown a situation where the two forwards get a fast-break situation. G1 has driven in and missed. O3 has taken the rebound and passed out to O2 to start the fast break. G2 drives back down the middle, not trying to defend except for a pass to O1. G2 fakes at O2 to get him to stop or start a pass to O1 and then goes over to guard O1. If O2 shoots



from out on the floor, his chances of making a basket are about one in four, and G2 will get the rebound. If he waits for O1 to get free, he will be covered by G1 who is racing back to help G2. Additional help is swiftly on its way in the persons of F1, F2 and C who break on defense as soon as they see O3 pass out to O2, starting the fast break.

In teaching this fast break on defense, each player should know all five spots, thus the first two back on defense take the

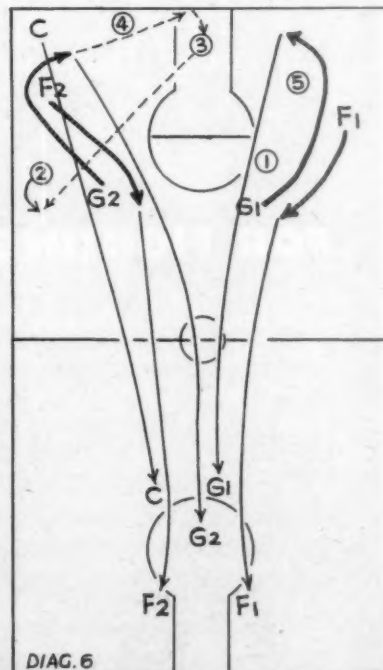
so-called guard spots, the third man down takes the center spot, and the last two the front or forward spots.

Diagram 6 shows what might happen if the fast break got started on a double guard-forward interchange play with the center out on the side. The attempted play is shown in heavy lines and the defensive paths in light lines with the forwards ending up at the center spot, and a guard and center at the forward spots.

Some coaches favor the defensive fast-break positions shown in Diagram 7, claiming that the center gets back last, because he is in deep on offense, because he is usually barred from anything approaching a direct defensive break due to the press of players, and because of the fact that he is usually the slowest man on the team. Others claim that with the center in front, his height discourages long shooting. The two defects of this position of players are (1) the "hole" in the middle is left unguarded where all or no one usually takes a man who breaks for the spot marked "X" and (2) it puts the tallest rebounder where is is practically useless for bankboard play.

This type of defense requires a great amount of drill if for no other reason than to condition the boys to the quick change from offense to defense. Much drill also trains them to size up the situation in front of them as they break back down the middle of the floor so they can go to the spots where they are most needed; to know how best to help those ahead of them, and when to slow up and guard behind or to the side in case the ball has been passed back, or a long cross-court pass has been thrown.

(Continued on page 50)



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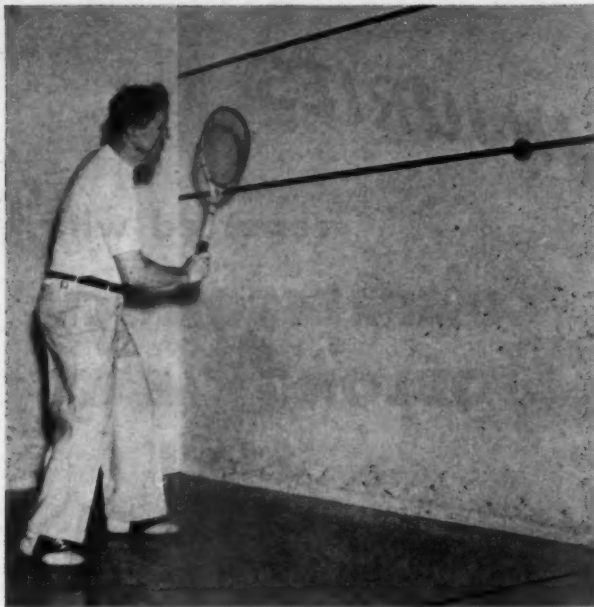


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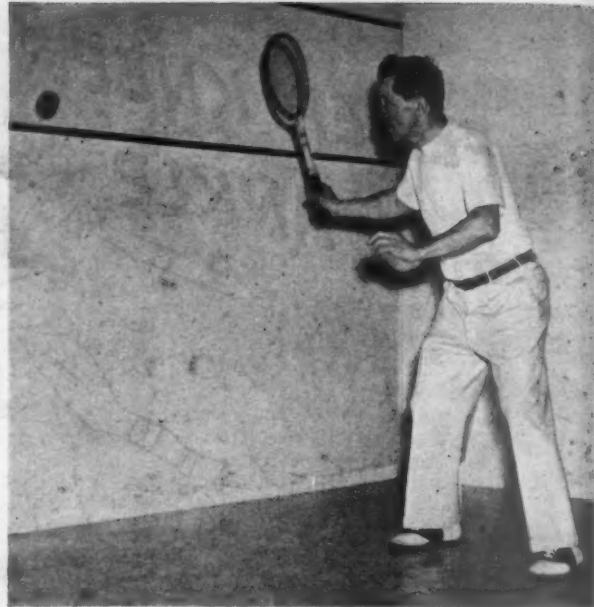


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Squash Tennis

By Frank Lafforgue

THE game of squash tennis originally became popular in America in the 90's and the early part of the century, and was played by well-known tennis figures as William Larned, Malcomb Whitman, and Robert Wrenn as an off-season sport and for exercise in keeping with tennis in respect to racket-handling, stroking, and court-play.

Comparatively unknown in most sections of the country, squash tennis is widely played in the East and is rapidly becoming a popular winter sport for tennis players. It is enjoyed by squash players who feel that squash racquets is getting a bit too strenuous for them.

The game may best be described as being very similar to handball, and squash racquets, except that the ball used is a regular green colored tennis ball. The racquet is the same as a tennis racquet except that it is slightly smaller in the head, one inch shorter, and one to two ounces lighter.

Court Dimensions

In a four-walled court, like handball, play is much the same as this well-known game except that all strokes to the front wall must clear the telltale, an 18-inch gauge sheet metal strip extending across the front wall, its top edge 17 inches above, and parallel to, the floor and close to the wall, permitting vibration necessary to make a ringing sound when hit by the ball, thus identifying a low or bad shot. Smaller

than the handball court, the dimensions are 18' 6" wide by 32' long. The front playing wall is 16' high. Boundary lines for the side playing wall are 16' high extending from the front wall 22' toward the back wall, and 12' from that point to the back wall which is 9' high. The ceiling should be at least 18' high to permit installation of lights. Walls should be painted white, and all lines red, one inch wide.

The top service line extends across the front wall, one foot above the floor. The center service line extends across the floor 10' from, and parallel to, the back wall. Halfway between the side walls, a line should be drawn on the floor from the front wall to the back wall, dividing the two service courts. On ceilings more than 16' high, lines should be drawn as outlined above. Unlike tennis, any ball striking a red boundary line is not good.

Service is decided by the spin of the racquet, and play begins with the server standing within the service court from which he elects to start, serving the ball so that it strikes the front wall on the fly above the service line (a line extending across the front wall 6' 6" above the floor), and lands in front of the opposite service court. Play is continuous until either player fails to return the ball to the front wall on the fly above the telltale and below the 16' line, before it strikes the floor twice.

If the player who had not been serving fails to make a good return, a point shall go to the server. If, however, the server

FRANK LAFFORGUE, the author of this article, is one of the foremost professionals in racket games, and his enthusiastic and untiring promotion of squash tennis is fast making the game a leading sport in the Eastern area. In his forty-three years of experience as a professional, Mr. Lafforgue says that he has yet to see anyone who does not like to hit a tennis ball. Associated with the Yale Club of New York City since 1917, he was formerly instructor at the Racquet and Tennis Club of that city and of the Racquet Club of St. Louis.

fails to make a good return, service shall go to the opposing player, and he will continue to serve until he loses a point. Only the server may score. When he loses a point, the score is unchanged, and service passes to his opponent.

The player who first scores fifteen points wins a game, except in the following instances: (a) When the score is tied at 13-all, the game is "set" at five. "Love-all-5-point game is called, and thereafter "love-one", "one-all", etc. until one player has scored five points, making his total 18 (13 plus 5). (b) When the score is tied at 14-all (not having been 13-all) a similar procedure is followed except that the game is "set" at 3, hence 17 points are necessary (14 plus 3).

The server is entitled to two serves, and the ball must land in front of the service line and may not be volleyed. A fault may not be played. No ball may be played against the back wall unless it has first struck the back wall below the 4' 6"-line.

A player hit by a ball still in play loses the point, except when his opponent's ball strikes him on the way to the front wall, when a "let" is called and the point is re-

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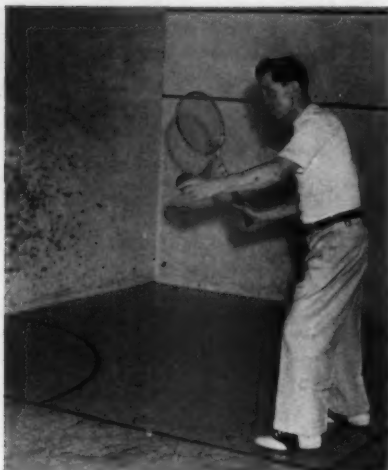
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played. If a player endeavoring to return a ball is interfered with by his opponent, a "let" is called, even if he has stroked the ball. Matches are the best two out of three games.

In the early stages of the game, squash tennis had its problems, foremost of which was securing and developing a standard, uniform ball. Balls similar to the old-time tennis ball were originally used, but as the covers ripped easily, a new ball was experimented with. This ball had a webbed covering with a plug inserted for inflation to fifty pounds pressure. This, however, did not prove satisfactory because it seemed too fast, and air would leak out through the plug, causing differences in speed, with the result that no two balls were alike.

At this stage, play in the game practically stopped for a number of years, most of the players becoming more active in squash racquets. In 1941, in another experiment, Mr. Sam Hardy of A. G. Spaulding & Brothers had several tennis balls dyed green. They were tried out by the writer and found to be very satisfactory. From that time, interest in the game increased, several tournaments were held, benefit matches were played, and the National Squash Tennis Association became very active.

In 1944 the "Bull Dog" handicap was held at the Yale Club with an entry of seventy-one players. Bronz statuettes of the traditional Handsome Dan, the Yale mascot, were presented to the winner and the runner-up. Since then other annual tournaments were held including the Fall Scratch Tournament at the New York Athletic Club, The National Championships at the Harvard Club, and the Veterans Championships at the Columbia University Club. Next season, club team matches will be held.

Squash tennis has a great future, and in the enthusiastic opinion of those playing the game, will grow to be one of the most

popular indoor court sports. New players find it very easy to understand, and adapt themselves to the court tactics. Those familiar with tennis, as well as experienced tennis players, find it great fun and excellent practice for footwork, timing, and stroking. Many a net and volley game in tennis has been developed and improved by the constant use of the shots in squash tennis. A game that can be played all-year, it is a great pre-season conditioner for tennis and a source of many good workouts on rainy summer days.

Adaptable to School Programs

Schools and universities can do much for the game of squash tennis, and for their own programs by including it in their athletic activities. Many already have squash racquets courts which, with the addition of two lines, may be converted into official squash tennis courts. Younger tennis enthusiasts may easily learn the fundamentals of tennis by practice and instruction in a squash tennis court.

Not only at city and country clubs, but in recreation centers and playgrounds, squash tennis courts should be built where sports-minded people may have opportunities to take part in a game not so strenuous as squash racquets. Local tennis associations may well promote squash tennis as an off-season sport for their members.

The accompanying illustrations, taken from the *Sports Library of A. G. Spaulding & Brothers* shows the writer in various basic strokes and court positions. As noted, stance and racket-handling are the same as in tennis and this particularly is true in making low and high volley shots. Keeping one's eye on the ball at all times, and stroking with a full even swing are very important. Drop shots and side-wall to front-wall cross-court shots are very effective.

A player may build a defensive game by learning to return all possible shots. Offensive strokes develop only after perfecting the defensive. Volley shots should be played carefully, and made by merely blocking the ball, and hitting to the corner just above the telltale. Smashing any shot to the front wall is not effective, unless one has a "set-up" or "kill" shot, but merely enables the opposing player to take the rebound off the back or side wall and continue the ball in play. A good point-maker, the drop shot, is made by hitting the ball slowly to the front wall about fifteen inches from the side wall and having it strike the niche where the side wall meets the floor. This, made by either a backhand or forehand shot, sometimes causes the ball to roll out leaving a return impossible. Another drop shot is made by hitting the ball slowly to the side wall so that it strikes the front wall about twenty inches from the floor and falls dead on the floor.

A variety of shots may be made, but the



Position for backhand stroke.

most effective and consistent play is made by hitting the ball direct to the front wall, low, and close to the side wall, putting the opposing player on the defensive, preventing him from making a full stroke for fear of striking the side wall, and keeping him well in the back of the court. Hard-hit shots to the side wall first often rebound in an easy bounce leaving the opponent a possible kill.

It should be remembered at all times, that the striker has the court, and as soon as a player completes a stroke, he must immediately give court to the opponent. It is an advantage for a player to keep his opponent in the back of the court while he attempts to maintain a position about the middle of the playing floor, making it possible for him to execute drop and volley shots, and force his opponent to a defensive game.

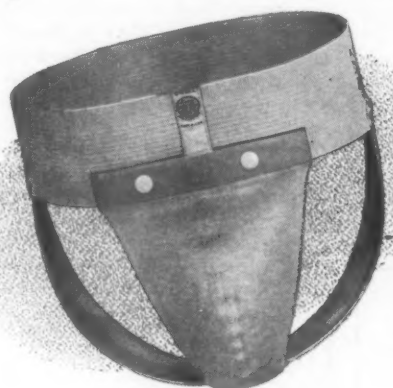
Practice and Patience

Practice and patience are absolutely necessary if one wishes to become a better-than-average player. One should be willing to spend hours practicing ordinary backhand and forehand shots, working the ball from one side to the other on the front wall. Gradually one will be able to place the ball on exactly the spot aimed. Then angle shots may be tried, the player hitting the ball to the side wall first at various distances from the front wall, first knee high and then waist high, and learning where the ball came off the front wall and the other side wall. Attempts should be made at hitting the ball hard to the front wall, so that it can be taken off the back wall at various speeds.

No matter what one does, practice is not a waste of time, and good exercise, fun, and competition, derived from the game, will place squash tennis as an outstanding sport in this very athletic minded post-war period.



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Practice Suggestions

By Richard Christensen
Union High School, Richmond, California

RICHARD CHRISTENSEN served in the Navy as a Chief Specialist and following his release last October became basketball coach at Richmond, California, High School. Christensen needs no introduction to our readers, having written "Offensive Tactics of Basketball" and "Out-of-Bounds Plays" which were published in our November 1945 and February 1946 issues.

EVERY coach develops his own group of favorite drills over a period of years. In looking over any coach's set of drills, the same ones re-appear continually. Therefore in setting up some of the drills which I find most useful, it is merely to re-diagram those which have proved most effective in my particular case.

We use drills in two separate categories. The primary drills are for practice and perfection of fundamentals. These are later succeeded almost entirely by drills closely related to our style of team play. There are a few useful drills in early season for concentrated practice of various fundamentals. For the most part, however, shooting and screening drills should be patterned after the team's offensive style, and the defensive drills after the team's defensive style.

The accompanying diagrams demonstrate a few general drills which may be especially useful in early season. Not selected as a complete sequence for any particular skill, they are merely a collection of some that we have found most useful. A few notes, explaining the techniques emphasized in each drill, are given.

We use the well-known drill shown in Diagram 1 for defensive footwork, stops, pivots and body control. The squad is lined up as shown, and the proper body stance is explained. We work a great deal

on fundamental basketball stance. This is the stance taken by a guard in watching his man. The legs are well spread; the hips are low, he is up on his toes. On the coach's commands, "Back," "Right," "Left," "Front," the players use the fundamental foot slide in all maneuvering. The hands are out and waving. At frequent intervals a "Stop" command is given to make sure everyone has proper balance. This is the defensive part of the drill. From this same formation, we then work on quick stops, pivots, and change of direction. To practice stops, the coach blows his whistle, and all players run at full speed. On the next whistle, they are expected to come to an abrupt stop with hips low and body balanced, in position to execute a pivot or shot. The next sequence adds a pivot or turn. On the "Stop" whistle, the players stop and pivot, thus facing the opposite direction.

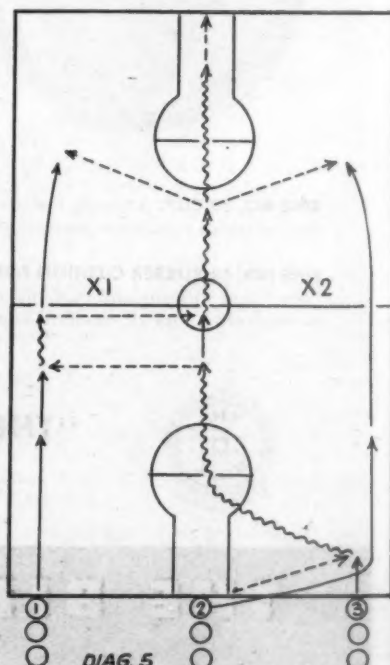
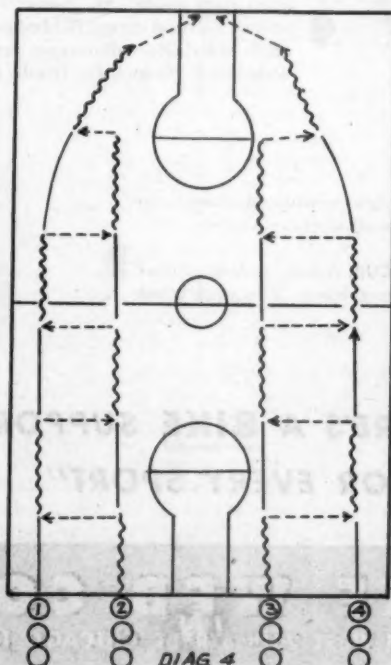
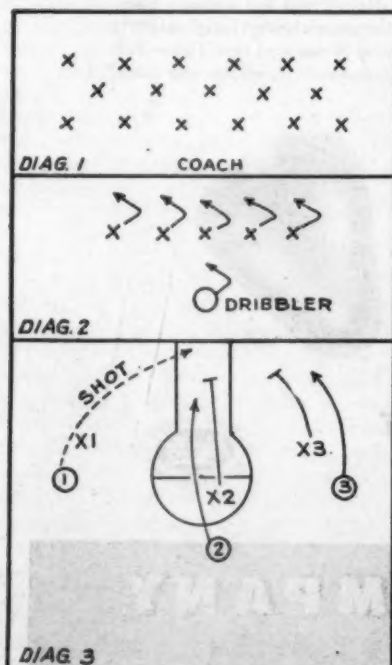
We follow this mass drill with another defensive drill with five men working on defense at a time as shown in Diagram 2. One boy dribbles the ball in front of five defensive men. The dribbler cuts back and forth from side to side, forward and back. The guards concentrate on proper defensive position and slide back and forth following the direction of the dribbler, maintaining the same relative position with him. The final drill of the sequence is one-against-one with the coach closely

supervising the defensive footwork.

When using either man-to-man or zone defense, we work on screening. Each man is expected to screen his man from rebounding after a shot. Along with screening, effective defensive rebounding is worked on. The skill of offensive rebounding against defensive guards is also practiced in the same drill. In Diagram 3, offensive players O1, O2, and O3, pass the ball a few times with the defense men X1, X2, and X3, guarding them. Defensive players use proper stance with arms out, but do not prevent a shot. After two or three passes, one of the offensive players shoots. All three then rebound hard. Guards X1, X2, and X3, try to prevent them from a rebound. The guard who recovers the ball, practices correct rebound technique, tough and aggressive, with hips out and legs kicked sideways. The offensive players practice offensive rebounding in the same drill. They try to fake their guard one way, get position on him, and drive the ball back into the basket. The game of basketball is played under the basket to a great extent, and the aggressiveness and skill which a team has under both boards usually decide the game.

During early season practice, length-of-

(Continued on page 48)





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SINGLE-WING FUNDAMENTALS

(Continued from page 10)

Blocking the Submarining Guard

The primary objective of the submarining guard is to get under both offensive men trying to block him and to pile them up in front of the play. When the lead-blocker—blocking-post principle is used in double teaming on a defensive lineman who is submarining, the blocking-post should take away all resistance at once and step out with his outside foot. He should then break into the secondary, leaving the submarining man to the lead-blocker. The man who submarines has two very definite weaknesses. He becomes more or less of a blind lineman, and he has committed himself in one direction. The lead-blocker, by driving over the defensive man's head and shoulders, keeps him blind, and with his knees and upper legs, he steers him away from the path of the ball-carrier. This method has proved to be a very effective one to use against a submarining guard.

Blocking the Leapfrog or Squirrel Defensive Guard

In some instances a defensive guard will attempt the leapfrog stunt to go over offensive men who are attempting to block him. Since the lead-blocker drives at the defensive man with abandon, he is in no controlled position to do anything with a man trying to go over the top of him. The blocking-post, however, is well under control in his charge and is in an excellent position to rise up under the defensive man and guide him laterally in the air away from the path of the ball-carrier.

Some coaches do not advocate the use of the lead-blocker—blocking-post principle because an aggressive defensive lineman might drive the passive blocking-post backward. It is my opinion that if this should happen, the defensive man would be taking himself out of the play since the path of the ball-carrier is always on the inside seam of the lead-blocker. The penetration of the defensive man would not harm the play unless there should be a lineman pulling through the hole.

Backfield Stance

I prefer the upright stance for the backfield men. In this stance the back stands in a semi-erect position with his foot on a line parallel to the line of scrimmage and comfortably spread, with the weight on the balls of his feet, both knees bent, his buttocks lower than his shoulders, a straight back, his head up, his eyes focused upon the ball, both hands resting on the

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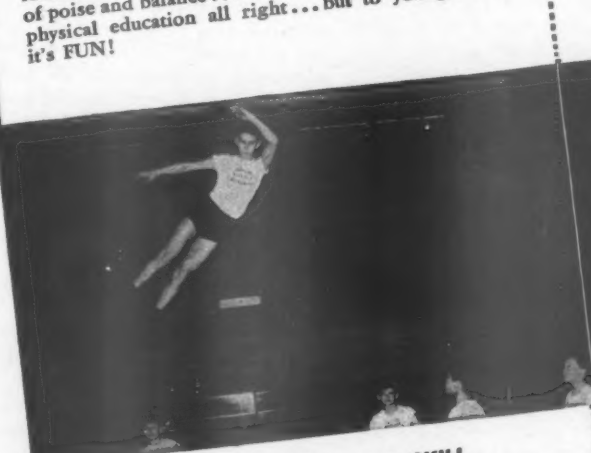


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knees, and with the arms straight. He should be in a relaxed position. If a back is less than six yards behind the line of scrimmage, I prefer to have him use a lead-step in his initial movement. The lead-step places him in such a position that he can reach back for the ball, in case the center passes the ball behind him or in case of a fumble. He is in a position to reach ahead for a ball if it has too much lead, and, of course, he can take the ball if it is passed at him.

The cross-over step should be used if the backfield man is over six yards from the line of scrimmage. If the backfield man is back this distance or greater, he will usually receive the ball on his second step, which will put him in the same position as when he is using a lead-step at a distance under six yards.

Our wingbacks face slightly in toward the defensive fullback. The purpose of having them face inward is to give them a little more freedom in pulling back behind the line on reverse plays.

Protecting the Ball and Fumbling

The greatest error a backfield man can make is to fumble the ball. One single fumble, recovered by an opponent, often loses more ground than the best back on the team will make during the entire ball game. A fumble often loses a distance of from forty to eighty yards. In addition to the distance lost, as a result of the fumble, the incident has a demoralizing effect on the team. There are several reasons for fumbles.

One of the chief causes for fumbling is the failure of the back to keep his eyes on the ball when receiving it. The player should keep his eyes on the ball until it is completely in his control, whether he is receiving the ball from the center, from a kicked ball, or from a forward pass.

Another cause of fumbling is the failure of the player to relax when receiving the ball. A backfield man should never fight the ball. The ball should be received with an easy "liquid" catch. The hands should be flexible with the fingers spread. The player's hands should "give" with the ball.

The third cause of fumbling is the failure of the player to protect the ball properly when it is being carried, and when the player is being thrown to the ground. The ball should be clamped under the arm away from the opponent with one end under the armpit, and the other in the palm of the hand with the arm pressing against the outside of the ball. This method is used when the ball is being carried in the open field. On bucks into the line, the back should have both hands around the ball, the ball should be pressed against his stomach, and the ball-carrier should put both hands around the ball when he is being thrown to the ground.

The coach should give drills to the backs in which he teaches the proper use of the

eyes, the importance of being relaxed, and the protection of the ball when the player is being tackled or thrown to the ground.

The Illinois T

By Ray Eliot

AN EXHAUSTIVE discussion of the T formation would probably take more time than is available at any coaching school since there are as many conceptions of the T formation as there are coaches at this coaching school. Therefore, for this reason, and also because I am an authority only on the T formation which we use at the University of Illinois, I shall limit my discussion to our formation and what we do to make it operate successfully.

I should like to tell you just how I got started using the T formation. Until the season of 1943 my basic formation was the single wingback. I felt at that time that I had something satisfactory in this formation. I still believe that the single wingback is an excellent formation. During the pre-season period of training in 1943, I found myself in the same position as most other college coaches. Most of my players were young, inexperienced, seventeen-year-old boys, who in normal times would have been in high school, and a few four F's. At the end of a short training period we held an intra-squad scrimmage in an effort to give these boys a little game experience and to get a perspective of the relative strength of our players before our first game. The scrimmage was a disappointing one. One team scored one touchdown, and the other one scored two touchdowns. It looked as if neither of the teams could do anything right. Since the exhibition was such a disappointing one and since our opening game with Purdue was only two weeks away, we decided to give the T formation a trial.

We reasoned that, if other coaches with limited material could be successful in using this formation, we might be able to do the same thing. We selected the simplest patterns we could get and settled on ten running plays, five going to the right side of center and five to the left side.

On Monday of the first week the coaches worked in groups teaching plays. The backfield coach worked with the backs on ball-handling and timing of plays. The line coach worked with the line, teaching them their assignments on the ten plays. On Tuesday the entire squad was divided into teams and given a great amount of work in dummy scrimmage. On Wednesday the squad was divided into two groups and engaged in a full-game scrimmage. The teams were permitted to use any defense they chose since we had not had time to develop any defensive play. To our sur-

prise one team scored eleven touchdowns, and the other one ten touchdowns.

After the excellent showing of the T formation in the scrimmage, the coaches and players were enthusiastic about the possibilities of the formation and really started working to develop it. At the end of two weeks of work on the formation, we scored four touchdowns against a great Purdue team. Our team improved as the season grew older, and we finished with a very successful season.

In 1944 we added a few plays to the simple patterns and made some changes in our old ones. With this sort of set-up as a weapon and with twenty-one freshman boys on a small squad, we went through a schedule of nine games to finish as the third-ranking team in the nation behind the great Army team and the powerful Randolph Field squad.

We attempt to stay with the simple patterns with which we began and do not do many things that Mr. Halas, Mr. Shaughnessy and Mr. Leahy advocate. I do use some of Don Faurot's ideas, but do not use his system in its entirety.

We use three splits in our line. Our tackles play from one foot to three feet from the guards. The ends play from one to one and one-half yards from the tackles. The halfbacks play four yards and one foot back of the ball. This distance varies with the speed of the backs. Slow backs should be somewhat closer to the line of scrimmage than the fast backs. We want our backs to reach the line of scrimmage within .7 of a second from the time the ball is snapped. The time element can be adjusted to the position of the backs.

Our formation is not based on power but on speed and deception. The plays are devised so that the buck inside of tackle, the off-tackle play, and the wide-end run look exactly alike. We also include a running pass which looks like those three plays.

Strategies

Our quarterback does not pay much attention to the defensive linemen in the selection of his plays. The men on the defensive team who give us the most trouble are the defensive ends, the line-backers, and the halfbacks; and it is with their actions and mannerisms in mind that the quarterback chooses his play. If one of these men stops a play for no gain, by employing a maneuver which makes him vulnerable for another play, the quarterback takes note of his action and takes advantage of the weakness created by it. I do not want my quarterback to think of the defense as having done a good job in stopping a certain play; but by stopping the play, the defense must have created a weakness at some other place by bringing up strength to defend against that point of attack. There is a psychological value attached to this sort of logic since it has a tendency to prevent the quarterback

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getting depressed when a play is not successful.

We never try to force a play. If men are playing out of blocking positions, we try to gain blocking positions by deceptive maneuvers of our backfield men or by changing the position of our blockers. If we find a weakness in our opponent's defense, we do not nurse it along but repeat the successful plays until the weakness has been corrected. Against a slanting line, we use a great deal of cross-blocking. In case the offensive line is slanting in different directions, we may use the same play several times in succession in order to get the advantage of a weakness in one variation of the slanting line. In the 1944 Pittsburgh game, our quarterback hit the Number 2 hole for no gain; he repeated the play for no gain; then he used the same play a third time for sixty-four yards and a touchdown.

Plays and Generalship

We use reverse plays very sparingly. We use them only when the opposition, through their actions, calls for it.

We use the running pass as part of our running game, and we may throw the running pass in any part of the field in which we might run an off-tackle play or an end run. We try to use our plays intelligently and will not pass the ball when the opposition is expecting it or when they want us to pass.

We use the quarterback sneak whenever the defensive team is in a position for this to be successful. This play is not used to try for one or two yards but is for an attempt at a touchdown. It will be called when the defense is set to defend against wide plays, leaving the center of the line vulnerable.

We like to give our quarterbacks a little simple law of strategy which can be easily understood and remembered. We use the guide given by Coach Bible. "On first and second downs try for a touchdown; on third down try to make a first down; and on fourth down think of punting." The quarterback should be told that if his team makes nine yards on first down, he should use the second down to try for a touchdown.

The T Formation with a Man in Motion

We use the T formation with a man-in-motion as a change of pace and not as a steady diet. I think it is a good offense to force the defense to use a man-for-man defense on passes. It is my opinion that no one is ever good enough to cover man-for-man on passes. I believe that most plays are somewhat weakened when the man-in-motion is employed. The man-in-motion will usually force a team employing a 6-3-2 defense into a variation of the 6-2-2-1 defense and will force a team employing a 5-4-2 defense into a variation of the 5-3-2-

1 defense. Any defense which employs a 2-2 secondary is weak against passes when a man-in-motion is employed. We throw our running pass without the man-in-motion. If the defense does not adjust to cover the man-in-motion, touchdown passes may be completed to him.

Fundamentals

We organize our work for the daily practice periods so as to conserve as much time as possible and so as to get in as much work as possible. For the most part the fundamentals that we use in running the T formation are the same as those used when we ran from the single-wingback formation. We do, however, spend more time in group work. We use only seven or eight plays to the right of the center and seven or eight to the left, but we spend a great deal of time in group work with the backfield coach working with the backs in ball-handling, spins, and starts, on the various plays, and the line coach working on their assignments.

We use various splits in our offensive line in order to obtain favorable blocking angles on our opponents.

Trap Plays

Trap plays are the very last plays that I give my team. They may be used only when the defensive men are charging across the line of scrimmage. If the defensive linemen are charging across the line of scrimmage, cross-blocking works well, and there is no need for trap plays.

We like to get our backs to the line of scrimmage in .7 of a second. If the defensive tackle charges at top speed, the ball-carrier and the tackle should meet about .4 of a second after the ball is snapped. I maintain that an offensive lineman does not have enough time in .4 of a second to do much trap blocking. By the same token a hard-charging tackle can never expect to do much harm against quick-opening plays if he is charging straight ahead; and, as a consequence, we find very few defensive lines charging straight ahead against the T formation.

We do in a few cases employ trap plays against a five-man line.

Power Plays

We employ to a small degree the T formation based upon the power situation. In these few plays we attempt to force the situation. There is nothing baffling about these plays and certainly nothing to hide the intent of the play. They are used when only a few yards are needed.

Ball Exchange from Center to Quarterback

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the left hand pressed tightly up against the center's crotch and the heel of the other hand pressed up close to the top hand and with the fingers pointing downward. The center must pass the ball in such a manner that the passer will receive it when the fingers of the passing hand are on the lace. The center should turn the ball as he snaps it back so that the long axis will be parallel to the line of scrimmage when it is received by the quarterback. The quarterback should immediately pull the ball into his stomach as he starts his pivot. The center should charge every time he snaps the ball in practice so that the quarterback will never be left flat-footed receiving it. The center should reach in under his crotch and pull the quarterback's hand in the exact position in which he desires it before snapping the ball. The ball should be snapped hard and fast but not hard enough to bounce out of the quarterback's hands.

Stance of Quarterback

The quarterback should take a stance very close to the center with his feet comfortably spread, parallel, and pointing straight ahead. His knees should be slightly bent, his shoulders square with the line of scrimmage, and his eyes straight ahead so that he can look over the entire defensive team. The back of one of his hands should press up against the center's crotch. The other hand should point downward with the wrist very close to the wrist of the top hand.

Preliminary Position of Team on Line of Scrimmage

Upon leaving the huddle all players, with the exception of the center, take their regular positions on the line of scrimmage, using a two-point stance, with their hands on their knees. The linemen stand within one foot of the ball so that a preliminary play from this formation would be legal. The center, who breaks the huddle first, goes immediately to the ball and takes his natural position in passing it. Upon a signal all the players drop from their two-point stance to a three-point stance. In so doing, one or more players may change their positions slightly by stepping laterally or vertically with one foot. This maneuver makes it possible for the linemen to gain advantageous blocking angles on opponents and also makes it possible for the backfield men to get closer to or farther back from, the line of scrimmage. The feet of the linemen in the preliminary stance should be fairly close together so that this lateral change in position may be made without attracting attention.

Footwork of the Quarterback

The quarterback should use both front and rear pivots in making hand-offs and

lateral passes to the backfield men. He will have to use the front pivot on all quick-opening plays. In taking the ball to the backs on paths somewhat removed from the center, he should move laterally and very close to the line of scrimmage. He should use the rear pivot whenever it is possible for him to do so. It is much more deceptive than the front pivot. The front pivot is nothing more than stepping across, and in front of, one foot with the other one, while the rear pivot is executed by bringing one foot around and back of the other. In both instances the quarterback ends up facing his own backfield if he has made a 180-degree pivot. Of course, the amount of turning or the size of the pivot will be governed by the play.

Hand-Offs and Laterals

The quarterback should use two hands in giving the ball to the halfbacks on quick-opening plays. The ball should be given to the halfback with two hands, the inside hand being removed from the ball as it is placed in the halfback's stomach. The ball should be taken to a spot close to the line of scrimmage and across the path of the halfback. The quarterback should take off as much pressure as possible from the receiver of the hand-off, by making the hand-off a very easy one to receive. After the quarterback hands the ball off to the halfback on a quick-opening play, he should continue on a course parallel to the line of scrimmage, fake a lateral to the other halfback going wide, and fake a running play inside the defensive end. It is to be noted that much deception can be derived from these maneuvers if they are carried out correctly.

The quarterback should use an underhanded jerk or lateral pass in getting the ball to the halfback on the wide play. The lateral is made just before the quarterback gets to the defense.

A fake hand-off is made with both hands. Faking with the bare hand indicates to the opponents that the halfback did not get the ball before the play developed.

Blocking

We use only four different blocks in all of our repertoire of plays. We teach the shoulder block, the reverse shoulder block, the side-body block, and the reverse side-body block.

In teaching the shoulder block, we do not permit our players to use their forearms in executing the block. We stress making contact with that part of the shoulder near the player's neck. This practice helps a great deal to eliminate offensive holding penalties and results in better shoulder blocks. Some coaches maintain that we are losing a certain amount of the initial "sock" that is delivered with the elbow and forearm, but I believe that that part of the block cannot be sustained,

and the "blow" is illegal in the first place.

We teach our linemen to use the same sort of block on the quick-opening plays that we once used on the single wingback formation except that we insist on blocking somewhat higher. On a quick-opening play a low block will allow the defensive man to reach over and grab the ball-carrier. By blocking high, I do not mean to rise up and hit the defensive man in the chin or in the face.

In pulling out of the line to block a defensive end, the guard should run at his objective from a fairly erect or high position. As he approaches the opponent, he should duck underneath the defensive end's hands before making contact with him. This procedure will have a tendency to straighten up, and bring into a better blocking position, the defensive man and to serve as a screen for the play. Running from a more erect position also makes it easier for the blocker to "spot" the man whom he is to block, and this practice also aids him in running faster. We are concerned with body balance for our blockers. They are better balanced when running from a natural, high position. I am convinced that balance is the most important word in the dictionary in teaching the fundamentals of football. A player should come to a balanced position before executing any fundamental. As a player approaches an opponent to execute a block or tackle, it is very important that he come to a balanced running position before executing the fundamental. On quick-opening plays, a halfback should go into the line of scrimmage with his feet spread and in a balanced position, so that he can be well under control the minute he breaks past the secondary.

Covering Kicks

In going down under kicks the ends should sprint down the field at top speed, keeping the safety to their inside. As they approach the safety man they should spread their feet and acquire a balanced position to make the tackle. The ends should assume some of the characteristics of a ball-carrier in eluding the blockers as they go down under the punt. They should use the head and shoulder fake, the straight arm, the head bob, the side step, and the cross-over step in eluding the blockers.

Balance and Control

I have already mentioned on several occasions the value of a player's being under control when executing a fundamental. Mention of this was made concerning the necessity of the end's being under control before making a tackle in covering kicks. This same principle holds in making any sort of a tackle. The line-backer making his tackle on the line of scrimmage, the

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man going down under a kick-off to make a tackle, the halfback tackling a man who has received a pass—all must come to a balanced position before making a tackle.

The passer must obtain a balanced position before passing the ball. The defensive lineman should come to a balanced position after breaking through the line of scrimmage and before attempting to make a tackle.

Blocking Line-Backers

Since the halfback gets to the line of scrimmage in .7 of a second on quick-opening plays, we use the head and shoulder block in opening holes in the line and in blocking the line-backers. We feel that this block is the fastest and most effective for these two purposes.

In teaching our players to block the line-backers we tell them that the block is nothing more than a tackle without the use of the hands. In order to let the blocker get the feel of the form we may have him go in and tackle the backer until he gets his timing and balance. Then we have the player block the line-backer with a head-and-shoulder block. It is important that the blocker stay on his feet and maintain contact with the line-backer after applying his initial block.

Downfield Blocking

We use individual blocking downfield. I prefer giving my players something specific to do. I believe that a player will do a better job if he is held accountable for a specific duty. I think that, if he is given an assignment of blocking ahead of the play, he might hesitate a moment too long in making up his mind which man to block or which course to take. The body block should be used on all downfield blocking. This block should not be a flying block but should be applied with one foot on the ground at the instant of contact. The downfield blocker should go toward his objective at top speed and should never look back. The downfield blocker is usually somewhat slower than the ball-carrier, and to be able to stay ahead of him, he will have to get to his objective as fast as he can.

Rushing the Passer

We have been using something in our rushing game for the past two seasons that has proved very effective. If the rusher cannot reach the passer before he releases the ball, he should at this instant throw his hands up high above his head and across the path of the flight of the ball, deflecting the ball or forcing the passer to throw over the rusher. If the passer is forced to throw the ball a little higher than he intends, the pass usually results in an interception or an incompleteness. This phase of the game of defending against passes has proved very effective against post passes, end-across passes, and short flat passes.

THE MODERN T

By Ed McKeever
Cornell University

WE USE several types of line blocking. The quarterback calls the plays in the huddle, then the tackle on the side of the center where the play is to be executed calls the type of blocking to be used. If the defense is such that the particular type of blocking called for in the huddle is ineffective, the tackle may change it after the team gets down into position and before the snap number is called. This practice puts the burden of selecting the type of blocking to be used on the linemen doing the blocking.

Preliminary Positions

Upon breaking the huddle, the entire team assumes an upright position with their hands on their knees and with their feet close together. Upon the command "Down" by the quarterback, the entire team comes to their starting positions. By having their feet close together in their preliminary stances, the different members of the team may obtain advantageous blocking angles by moving a little laterally in the desired direction as they assume their stance from which the play is to be run. These adjustments can be made so

that they will not be noticeable. The positions of the members of the team when in the preliminary positions would be such that they are legally in position from which to run a play, for there will be a few plays which we may initiate from this preliminary position.

Stance of Linemen

Our linemen use a three-point stance. We strive for uniformity by trying to teach the linemen to assume a stance with the hand nearest to the ball down and with the toe of the foot nearest to the ball back even with the instep of the outside foot. Our linemen work on this principle in practice and they use the stance which they think they can use best.

Their feet should be about as wide as their shoulders. Practically all the weight of a guard should be on his feet, so that he can pull out or charge ahead. I want my boys in perfect balance and under control. They should have a bull neck with head up, back straight, buttocks somewhat lower than the shoulders, weight on the balls of the feet.

Blocking

We use the same type of blocking for the T formation that we used for the single-wingback formation. Many believe that

good blocking is not necessary for the successful execution of the plays from the T formation. I am firmly convinced that the only way to have a good offense from any formation is to have a group of players well grounded in the fundamentals of blocking.

Drills in Teaching Blocking

Most of our blocking practice is done on "live bait." We use the blocking dummies and blocking machine only now and then to brush up on the individual technique of the players.

After the linemen have more or less mastered the stance, we start our blocking practice by teaching them a fast, hard, driving, forward charge. Our drill for doing this is to place a defensive man in front of an offensive man with the width of the ball between them. The offensive man is then given practice in lunging from his stance position striking the near thigh with a shoulder block and with all the power he possesses. He should keep his head up, his rump low, his back straight. He should make an extension of the shoulder by raising his elbow and by keeping the hand of the blocking shoulder against the chest. In this drill the body of the blocker is extended in the lunge or snap forward, and the feet are not brought forward after contact is made.

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After the linemen have been given drill work in developing their initial charge, we use a drill in which the linemen follow up their initial charge. As the blocker uncoils, we teach him to drive forward with the foot in the direction toward which he is to block his opponent. He should immediately follow through after contact with short, powerful, digging steps and again with his head up, eyes straight ahead, buttocks low, and back straight. Contact should be maintained with the blocker's head, the side of his neck, his shoulder, and upper arm. He should drive upward and forward but should make contact from a low position.

Method of Changing Play After Breaking Huddle

We permit our quarterback to change any play which he has called in the huddle before he breaks the huddle by merely saying the word "Signal." On the other hand, if he wishes to change the play after the team has taken its position on the line of scrimmage, he may do so by calling certain words which indicate that one of several automatic plays is to be used in place of the play given in the huddle.

Offensive Guard Play

When the guard is given the assignment

of blocking a defensive guard on a quick-opening play, the method he will use will depend upon whether his opponent is charging or waiting. If the defensive man is waiting, he should use a fast, long body block with his head on the inside. In executing this block he should charge laterally, hitting the defensive man's hip with his head and shoulder as he slips into his body block. If the defensive end charges, the blocker should step forward with his inside leg, get contact with the inside shoulder and move him laterally with a left shoulder block.

The guards are given the assignment of pulling out of the line to lead interference for the ball-carrier on many of our plays. The left guard takes a stance with his right foot slightly back of his left. In pulling out toward the right side line the left guard crosses with his left foot as he pivots on his right in the initial movement in pulling out. He should lift his head and shoulders to clear the right tackle. The guard should have most of his weight on his back foot as he starts swinging out. Vigorous action should be used with his right arm as he swings out parallel to the line of scrimmage. He should keep his weight well forward, his head up, buttocks down, and his back straight as he drives out with short, driving steps. He should maintain a fairly low position while pulling out. As the guard gets to the spot

where he is to turn up the field, he should drop his inside shoulder and keep in a balanced position as he makes his angle up the field. It is immaterial whether the guard makes his cut on his inside or outside foot. It is important that he does not give ground in making the turn.

It is important that the linemen who block in the line break off and drive downfield for blocks after carrying out their initial assignments.

The guards are often given the assignment of blocking the defensive ends on off-tackle plays and end runs. If ends are crashing the guards, they should use a shoulder block on them. If the ends are floating and boxing, the guards should use a reverse body block. The reverse body block should be so executed that the contact is applied with the blocker's hip and not his ribs.

In taking the defensive end in, the guard should get to him as fast as he can. He should use a long body-block to the outside of the end in pinning him in. He should go straight at the defensive end with his head pointed toward the defensive end's midsection. The blocker should never circle out in an effort to block an end in.

The End's Block On a Tackle

On a quick-opening play, the end shoots



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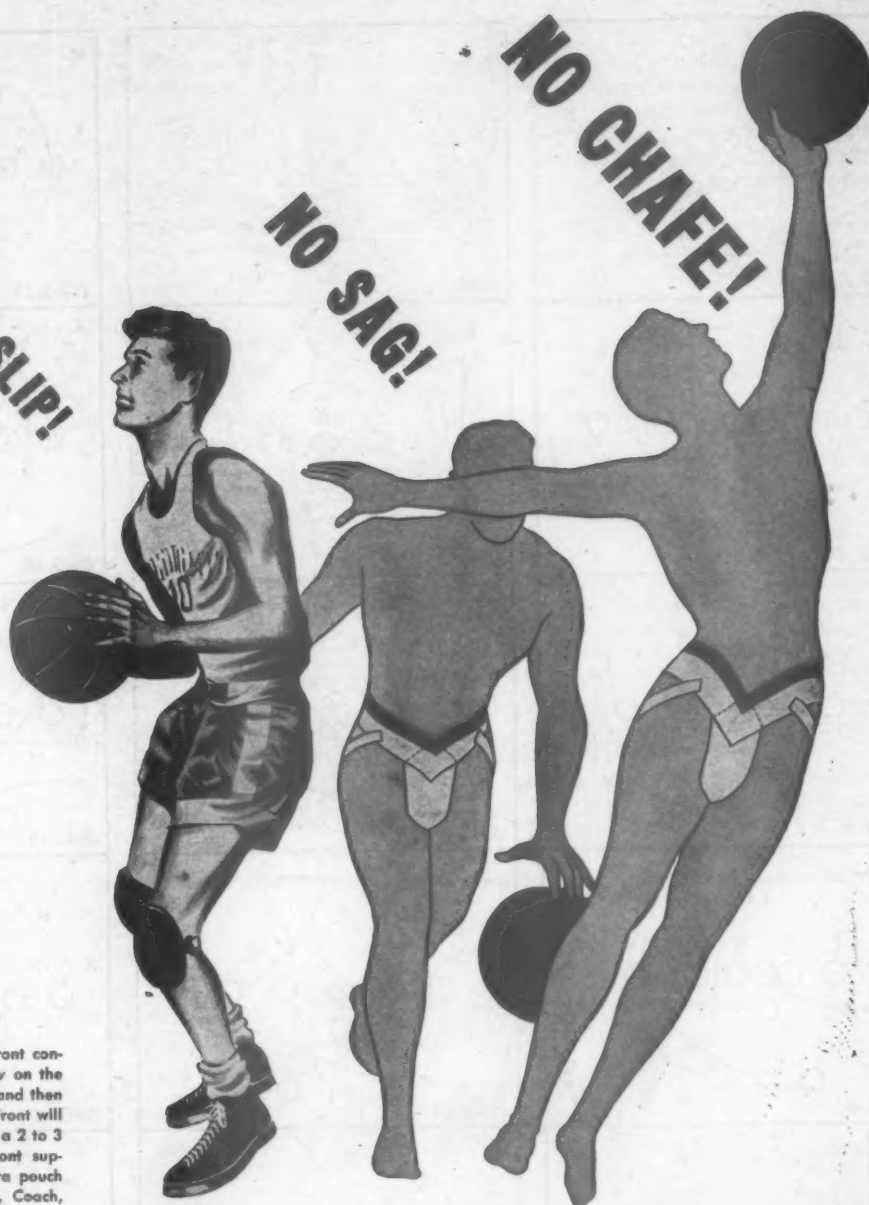
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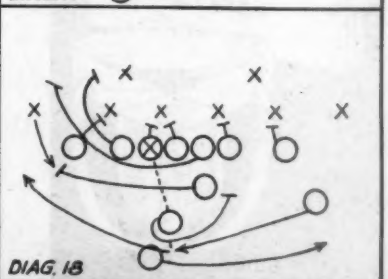
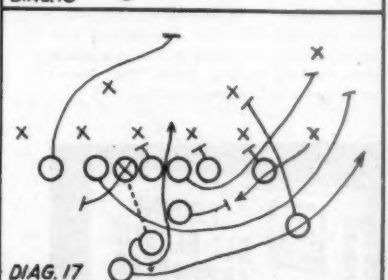
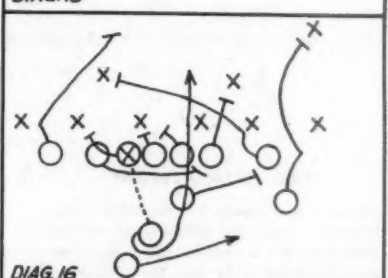
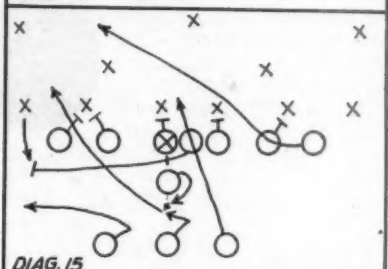
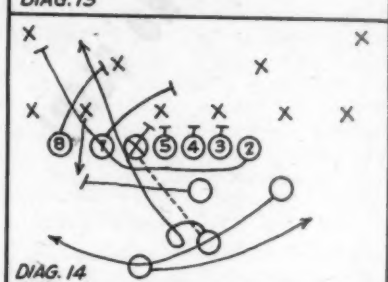
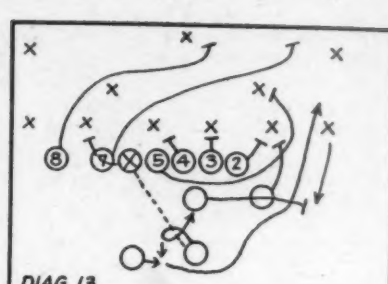
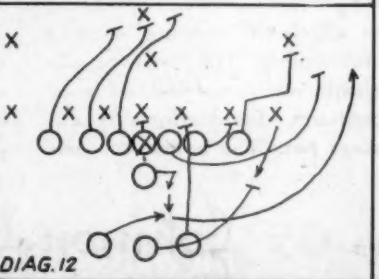
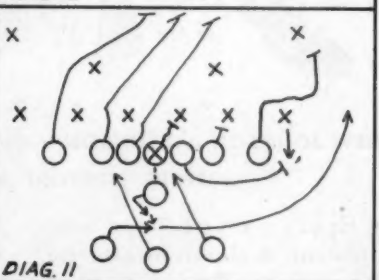
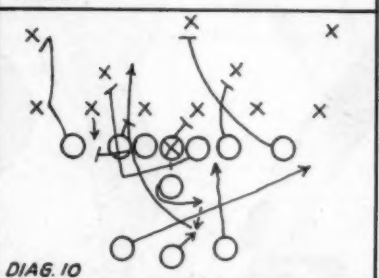
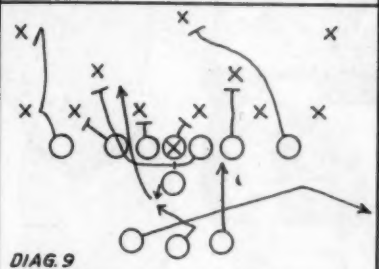
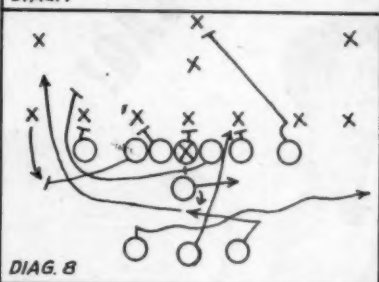
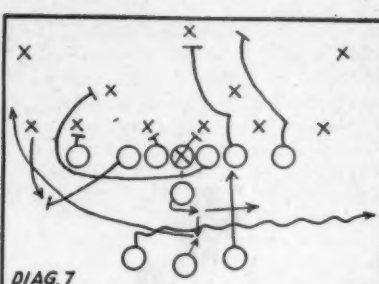
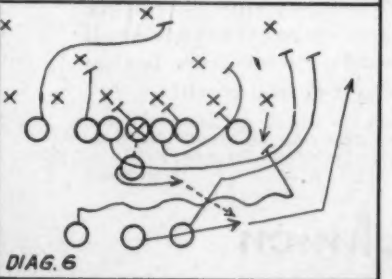
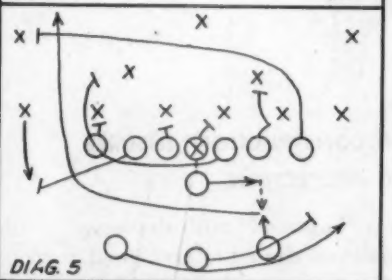
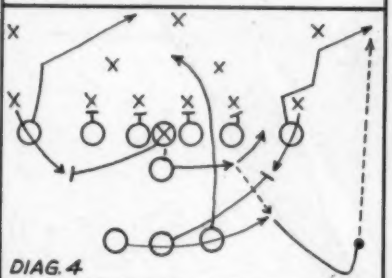
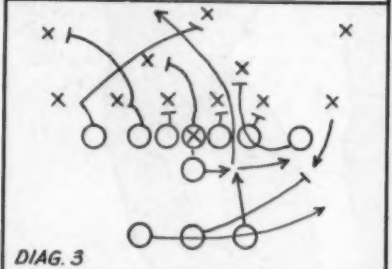
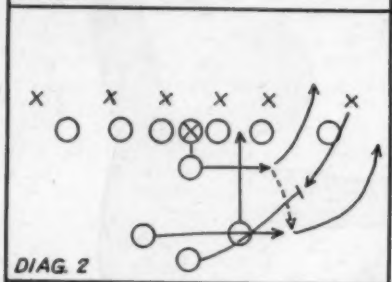
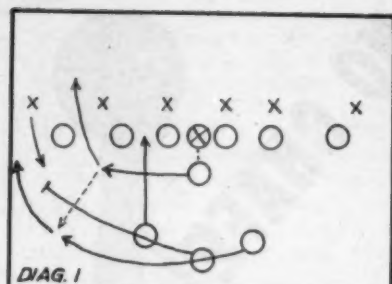
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his head straight at the tackle's midsection, forcing the tackle to go either to the right or left in his forward charge. As the tackle slips off, either to the right or left side, the end should drive into a shoulder block and take the defensive man the way he wants to go. The ball-carrier will then go inside of the tackle or outside, depending upon which way the end is blocking the tackle.

When the offensive end has the assignment of blocking an end inward, who is stationed on his outside shoulder, he should step laterally with the foot in the direction he is to take the man. After gaining a blocking position, he should drive hard with his outside foot in taking the tackle with a shoulder or a long body block.

The ends should not attempt to use a head fake unless they are proficient at it.

Cross-Blocking On a Guard

When the tackle and the guard cross-block on the left defensive guard and tackle, the right tackle should cross first. He should step forward with his left foot, then follow up with the outside foot as he applies a hard shoulder with his head to the inside of the guard. The guard should start with his right foot and then follow up with his left as he applies a hard shoulder-block with his head to the inside.

In cross-blocking, the offensive men should anticipate where the opponents are going to be when contact is made. In many instances the defensive men slip off behind the cross-blockers.

Ends On Line-backers

When the T formation is employed, 50 per cent of the time on all the plays used, the ends will be blocking down field or in the secondary. It is a mistake for the end to spend most of the practice period blocking an end when most of the time he will be blocking men in the secondary during the ball game.

When the right end blocks the left line-backer, he should take a step forward with his left foot and shoot through the line of scrimmage as fast as possible. He should then drive straight at the defensive fullback. He should hit him with a low shoulder block with his head on the inside, resulting in a right shoulder block. If the line-backer is playing up so close on quick-opening plays that the end cannot go through the line and get him, the end should pull back around his own right tackle and lead through the hole, blocking the line-backer in the direction in which it is easiest to carry him. He should hit the line-backer, in this instance, with a hard head block to turn him; the ball-carrier will have to use his judgment in determining which way to break around the line-backer.

The end cannot pull back and through the hole on a quick-opening play if cross-blocking is being employed.

Blocking for the Passer

When the offensive left tackle is given the assignment of blocking the defensive right tackle, he should drop his left foot back slightly, thereby inviting the tackle to charge around him. As the defensive tackle drives by, the blocker applies a right shoulder block and uses the defensive man's own momentum in carrying him back and away from the passer. The left guard uses the same tactics on the opposing left guard. The guard and the tackle on the other side of the line will use the same tactics in blocking the defensive left guard and tackle. They step back with their right foot and again take the defensive men to the outside and back of the passer with a left shoulder block.

The center should jump back to a spot slightly back of his original position with one foot slightly back if he has a man stationed directly in front of him. He lands with one foot slightly back of the other, inviting the defensive man to charge in a certain direction. He then applies a body block in keeping the defensive man away from the passer.

Because of limited space only parts of the lectures from Mr. Coffey are printed. The diagrams on the opposite page show a few of the many plays explained by the instructors at the coaching schools. Diagrams 1-6 Ray Elliot; 7-12 Ed McKeever; 13-15 Fritz Crisler; 16-18 Dana Bible. Editor's Note.



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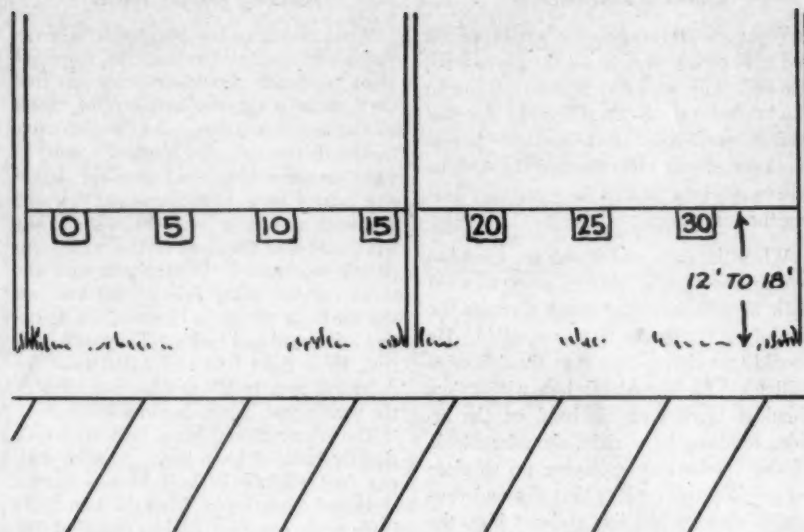
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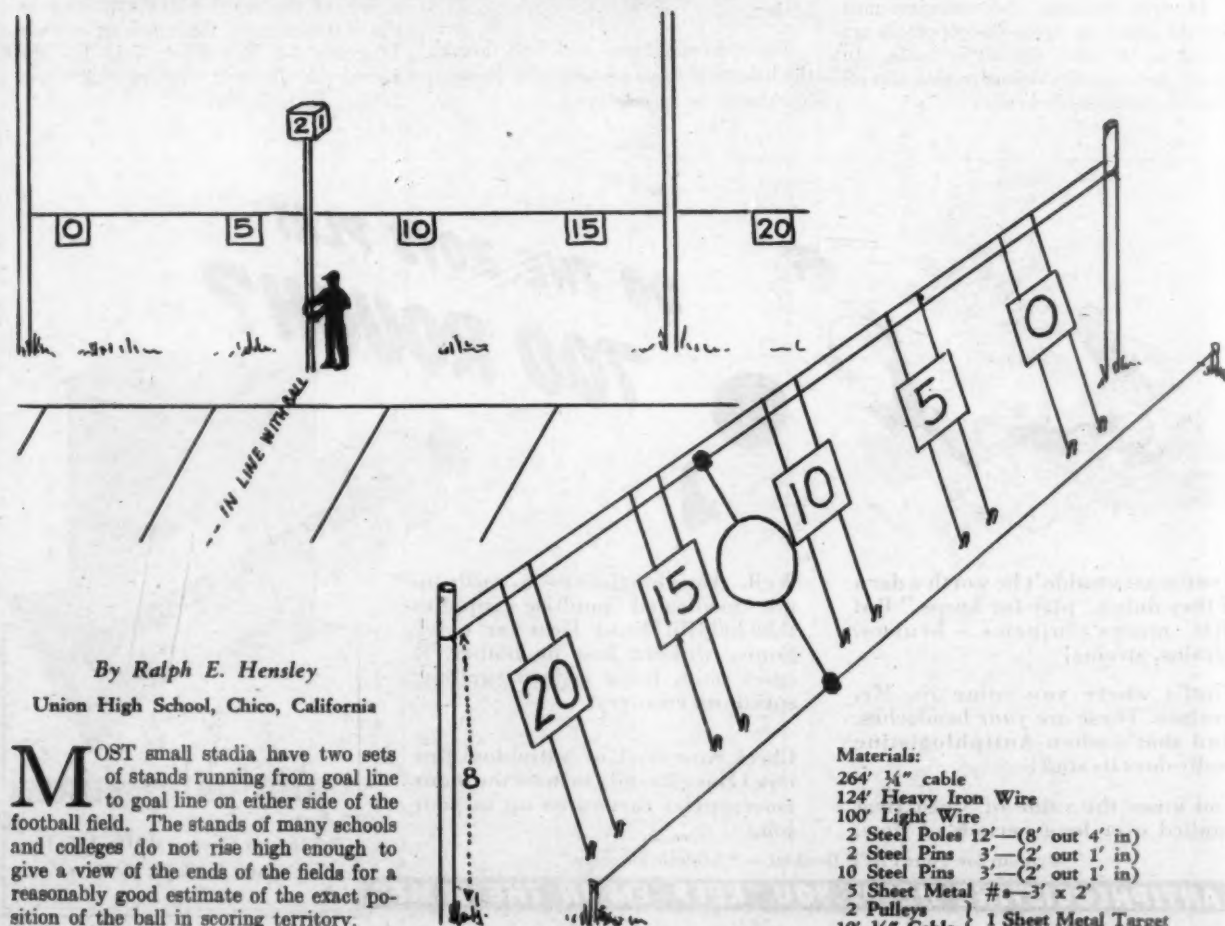


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TO STOP THE QUESTION: "Where Is the Ball?"



By Ralph E. Hensley

Union High School, Chico, California

MOST small stadia have two sets of stands running from goal line to goal line on either side of the football field. The stands of many schools and colleges do not rise high enough to give a view of the ends of the fields for a reasonably good estimate of the exact position of the ball in scoring territory.

The line markers will be suspended on both sides of field.

Two additional linesmen will be added, each carrying a vaulting pole, with, or without, a down marker installed at the top of the pole. These men will be unofficial and will align themselves with the ball whenever the ball is on either end of the field from the 20-yard line to the goal line, and will move the poles along the side line as the ball progresses.

The following is suggested for large high schools, or colleges, that do not have light poles paralleling the side lines of the football field.

The accompanying sketch attempts to show one of four instruments, one installed in each corner of the playing field outside the field of play, to enable the spectators to note the position of the ball.

The moveable target, pulley connection top and bottom, is to be moved with the progress of ball. The instrument should be set at the widest possible angle to the near side line of the playing field. The target should be of tin or sheet metal, football shaped and painted white or lighted if necessary.

Materials:

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- 100' Light Wire
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- 2 Steel Pins 3'—(2' out 1' in)
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- 2 Pulleys
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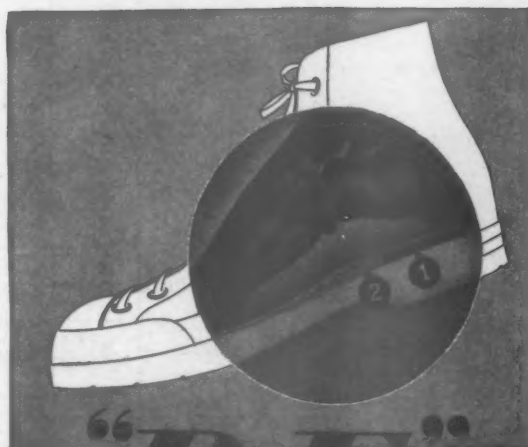
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Inter-Civic Club Recreational Jamboree

By Louis E. Means

Director, Student Physical Welfare, University of Lincoln, Nebraska

LOUIS E. MEANS, a former successful Wisconsin high school coach, was called to Beloit College as Director of Athletics. At Beloit, Means introduced the successful civic recreation program which this article discusses.

WHOLESONE, lasting, friendly relationships between school and community loom great in the planning and thinking of all physical educators and athletic coaches today. Often it becomes necessary to study new ways of obtaining parental co-operation and interest in the school program, and a closer understanding of the real and vital objectives of physical education, recreation and athletics as a whole in each community.

The writer has found that no one specific plan or idea will develop this desired close harmony and understanding. Each community has individual problems that must be solved accordingly. Perhaps a combination of many different ideas, with much initiative on the part of school authorities, will be necessary to create and maintain good school-community relationships. The Inter-Civic Club Recreational Jamboree is here suggested as one workable program in stimulating this relationship. This article is not offered as something entirely new or unique, although some features of the plan offered here may be helpful in developing similar programs in other cities. It may be said, however, that very few schools have developed, up to this time, such a plan of adult recreation, and one which brings quicker or simpler satisfying results to the director and the school.

Objectives of the Jamboree

In a series of recreational jamborees, initiated and carried on by the writer at Beloit College, and at the University of Nebraska, the primary objective was to establish a program that would bring to the school gymnasium, at least once a year, every man in the community representing civic or service clubs. The whole program should be built around a truly competitive framework, augmented with plenty of opportunity for good fellowship and relaxation. Many of the busy men who will attend will be there for the first time. They may have had no prior interest in athletics or things of a recreational nature. Perhaps they have never before had the opportunity to learn how to play. Others will be "old timers" in recreational experience and will make natural leaders.

The suggested program is appropriate for young and old alike. Activities must

be selected to appeal to all types of men. It is one time in the busy business year of the community when one can "let the hair down." Old friends will welcome this opportunity to get together again. It affords an excellent chance to make new friends and contacts under most ideal conditions. It may be one of the very few times in the life of many communities when members of all civic clubs can "rub elbows" together. It affords the director and his staff an opportunity to get acquainted with the men who influence thinking most in the community. It can all be done with a minimum of work and effort, but must not be approached too lightly, as much is demanded in organization, planning, and preparation and clean-up of the plant and facilities.

Preliminary Planning

The first step in organizing the jamboree is for the director to contact a few of the

leaders from various clubs to see if the program might sound inviting. The next step is to invite each club, through its president, to send one or more representatives to a meeting, a luncheon meeting if possible, to discuss preliminary plans and details. The director should have all details well in mind, and all plans carefully worked out. Each club should appoint a jamboree chairman who will be interested enough to organize his entries carefully and follow them up to see that each man is present and active. Each club chairman should appoint captains in each team activity, so that responsibility may be passed down the membership roster, captains who would insure the presence of each team entered by each club. The director should have mimeographed bulletins ready for this first meeting. Matters of finance must be worked out and approved at this meeting. Approval of the point system must be made, the method of competition decided upon, and the actual date must be set.

Organization of the Jamboree

After years of trying out different activities, I have found that the following events

A Suggested Scoreboard

KIWANIS	LIONS	ROTARY	J.C.C.	OPTIMIST	COOPERATIVE	COSMOPOLITAN	
							BOWLING
							FREE THROWS
							DART BASEBALL
							DART BOWLING
							CHECKERS
							CRIBBAGE
							BRIDGE
							SHUFFLEBOARD
							TABLE TENNIS
							BADMINTON
							PING-PONG SHOT PUT
							VOLLEY BALL
							TOTALS

lend themselves best to limited space, and will meet the age and interest of the major part of those present. All lend themselves to competitive organization.

Bowling; dart baseball; dart bowling; volley ball; bridge; checkers; cribbage; shuffleboard; table tennis singles; badminton doubles; basketball free throws.

One or two comedy-type events may well be included, such as the ping-pong shot put. Basketball, competitive swimming, zel-ball and similar active games are not appropriate for heated competition without conditioning, and will cause too many sore muscles and after effects if used. Other activities should be provided for a purely voluntary, and recreational nature, such as miscellaneous card rooms, extra dart games, recreational swimming for those who desire a "dip", zel-ball, use of the golf driving range or cage and an indoor golf putting area. Only the restricted list should be organized competitively, with champions determined in each activity by the single elimination method for both teams and individuals.

The competition in bowling may be organized to precede the big jamboree night by a week at one of the local alleys, and will be a popular addition to the competition. One or two five-man teams from each club may compete, with total net scores from both teams added to determine club final placing. At the jamboree, the bowling points should be posted on the large scoreboard.

The Time Schedule

In arranging the jamboree time schedule it is best to have all events except volley ball running simultaneously. This prohibits any man from competing in several events and insures a large entry list from each club. Play-offs must not only decide the champions and second places, but third and fourth places. The volley ball competition may well form the competitive climax of the evening, with short games used instead of regular length games, since the winners must play more than one match and will not be ready for too much action in one evening.

The Point System

A point system must be carefully worked out, as competition will be very keen. Competitors will want to know how every point is determined as they begin to "catch" the competitive spirit. The following schedule of points is workable:

GROUP I ACTIVITIES

Bowling
Volley Ball
Dart Baseball
Badminton Doubles
Bridge
Cribbage

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GROUP II ACTIVITIES

Basketball Free Throws
Table Tennis Singles
Checkers
Ping-Pong Shot Put
Shuffleboard

Points scored as follows:

Place	Group I Events	Group II Events
1st	210	160
2nd	175	125
3rd	150	100
4th	125	80
5th	90	60
6th	60	40
No.	30	20

It is well to award almost as many places as there are clubs entered so that all will be happy in winning some points in every event.

A point system must also be worked out to determine team places in the Group II or individual-type events. The following is suggested:

Lose first round match 20 points
Win first round match 25 points
Play each additional match 15 points
Bonus to losing finalist 10 points
Bonus to the champion 15 points

The addition of all these points in any one event will determine the team standing in that particular event.

Entries from Clubs

Proper entry blanks must be prepared in sufficient quantity to permit each club chairman to have copies, with one official copy due in the director's office well in advance of the jamboree. Each club must be restricted to two bridge teams, two cribbage teams, two badminton doubles teams, one volley ball team, one team each in dart baseball and dart bowling, and two, three, or four men each in the individual events.

Special Equipment

Much interest will be aroused if a large scoreboard can be placed where all can follow the progress of competition during the evening. A scorer should be on hand so that results may be recorded without delay. The chart illustrated here is one way of preparing the scoreboard for the competition.

A loud speaker and announcer should be provided. It will be invaluable at the start of the jamboree to get all captains and their teams to the proper places, and to give calls for matches and games scheduled. The announcer might well have an assistant who goes from place to place, gathering results, winners, and best marks. Other interesting comments from the announcer will enliven the evening.

Officials

Various faculty men and older students

THE ATHLETIC JOURNAL

should be organized to supervise the various events. Each dart game will need umpires and scorers, and other events will require different types of supervision. This gives faculty men a splendid opportunity to get better acquainted with the business and professional men of the community.

Publicity

Proper local publicity in the newspapers following the preliminary meeting should be planned. Advance schedules for the bowling and the big jamboree night should be detailed. All pairings should be printed in advance. Papers should be urged to have photographers present to take interesting action "shots." These will aid in the popularity of the jamboree in future years. Final results should be carried in detail.

Financing the Jamboree

It has been the author's experience that all civic clubs will want to pay their share of the total expense. When three to eight clubs divide the cost of the evening's fun and refreshments, the cost to any one group is insignificant. It is better to have each club make advance reservations, and then have each club pay its prorata cost based on membership roster and advance reservations. This will eliminate the embarrassment of individual collections or assessments on the night of the event, a plan which is not recommended. Some men will want to come early and leave early. Others will merely drop in and stay for lunch. Others will be there throughout. This makes ticket payments almost impossible and impractical. Various merchants in the community may be found who will furnish card tables, decks of playing cards, cribbage score boards, folding chairs, table and pedestal ash trays, and other paraphernalia needed.

A check room should be available for coats and hats. One or two of the students may set up this room and maintain it throughout the evening, and be assured of very adequate compensation for services through tips which will be generous. An equipment cage attendant should be on hand to furnish towels, soap and equipment to all who desire it. The swimming pool should have an attendant ready at all times for those who enjoy a short swim. A special committee should be on hand early in the evening near the entrance to make visitors welcome, and to show them where to find the various competitive areas. Quiet rooms should be set aside for games like checkers, cribbage, and bridge, well away from the noise and confusion of the noisy activities.

Special Features of the Program

A buffet luncheon may be served at the conclusion of the volley ball competition.

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TEXAS

Tables that have been used for bridge, cribbage, checkers, and table tennis may be re-arranged in "night-club" order. Special program stunts or features may be worked in briefly during the luncheon, but care should be exercised not to have too much in the way of entertainment, since the evening will be long. The announcer should utilize this time in naming the champions, and making other comments of interest. Comic or humorous prizes might be considered at this time. Special music novelties from the music department will be appreciated. Group singing lends itself perfectly to the remaining minutes, while older men start for home and the younger set linger on. "Barber shop harmony" will predominate, and creates a perfect ending

to an interesting and different program for a community.

The director who is willing to try out this plan will find plenty of work for two days connected with the plant, but every minute of it will pay big dividends in community appreciation of the school program, future co-operation and good will, and genuine mental hygiene and relaxation for a large cross section of the community. It is well worth the effort. The aftermath of the winter recreational jamboree described here might well be a spring or summer golf and horseshoe tournament, followed by dinner. These two events may be organized best, and the clubs will welcome this feature of their year's activity. Certainly the institution will be repaid.

Practice Suggestions

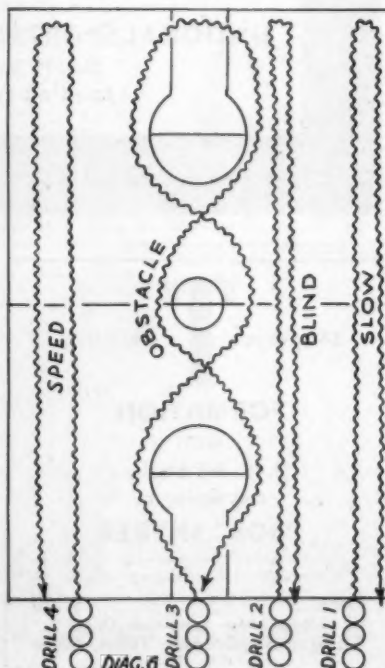
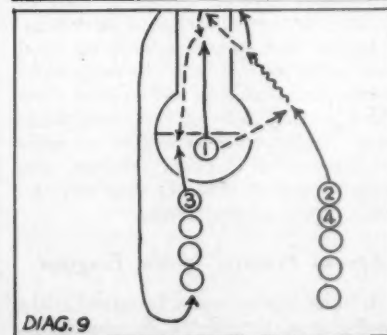
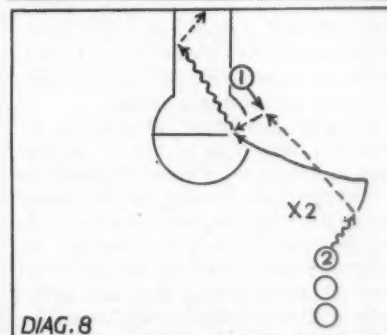
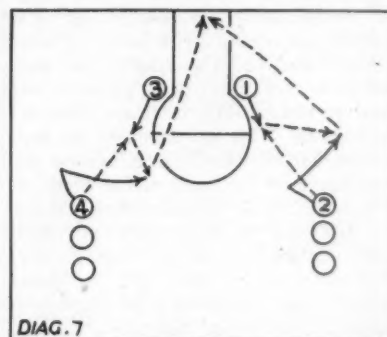
(Continued from page 26)

court conditioning and ball-handling drills are essential. Those shown in Diagrams 4, and 5, are very well known and very useful.

Diagram 4 is a dribbling, pivot, and ball-handling drill. Body control is practiced through use of the stop. The same drill is practiced on both sides of the court to enable more men to practice at the same time. O2 dribbles fast and low, comes to a stop, pivots, and passes the ball to trailer O1. This is repeated the length of the floor and back.

Diagram 5 is a 3-against-2 conditioning and fast-break drill. O2 passes to O3 and cuts behind O3. O3 then dribbles up the center of the floor. All subsequent passes

are up to the judgment of the three offensive men who are trying to score



against the two guards X1 and X2. Boys must concentrate on dribbling with heads up, with feints and split vision. All players take turn at the guard spots. The defensive men must work on defensive feints and shifting to stop a fast break.

Diagram 6 shows a sequence for practice of the dribble. Four different drills are shown in the diagram. In Drill 1, correct technique of the controlled dribble is observed—the head up at all times, the hips low to insure proper body control, the ball bounced low off finger tips. We use this style of dribble in a dribbling, screening Figure 8 against a tight man-to-man defense. Drill 2 shows the same dribble. In this we have the boys close their eyes, and thus we teach the boys that they are able to dribble by touch. Drill 3 is the obstacle-dribble drill. The player must change hands as he dribbles to the right and left. Good basketball players must learn to dribble with the outside hand automatically as they go around an opponent or drive under the basket on a cutting play. Drill 4 is purely a speed-dribble drill. Few high school boys can dribble the length of the court at full speed and not lose control of the ball. Many coaches are fearful of practicing dribbling very much, lest the players will overdo it in a game. Personally I want all of my players to be good dribblers. In a "tight" game, especially against pressing man-to-man defenses late in the game, ability to use the driving dribble gives a team confidence. Likewise, it is a valuable offensive weapon with which a forward can fake and drive around his guard for close shots.

Diagram 7 illustrates a useful short set-shot drill. The trouble with most shooting practice is that the boys stand around and waste time. This drill sets up game conditions—fakes, quick stops, shots. The drill is identical on both sides of the basket. O2, and O4, have demonstrated different fakes. O2 passes in to the post player, O1, fakes to drive by, and cuts in the opposite direction. O1 passes back, and O2 "sets" quickly for a medium set shot. The centers O1, and O3, get good practice by rebounding the shots. The same drill may be used for moving one-hand shots.

Diagram 8 is a similar drill with the addition of a defensive player X2. O2 now has the option of using any shot he wishes. X2 tries to stop O2. O2 works with O1 to free himself for a shot. The diagram demonstrates one good possibility. O2 starts a dribble, feeds a quick pass in to O1, then changes direction quickly and drives past the post for a return pass.

Diagram 9 shows a drill for lay-up shots with rebound and ball-handling added. This drill works out well as a pre-game warm-up. O1 feeds O2 for a lay-up. O1 rebounds O2's shot and hook-passes out to the next man in the middle line, O3. O3 then feeds O4. The players change lines after handling the ball. The lines are

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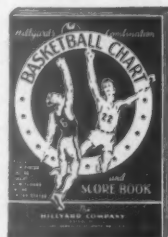
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Of The Athletic Journal, published monthly except July and August, at Chicago, for October, 1946.

STATE OF ILLINOIS ss.
COUNTY OF COOK

Before me, a Notary Public in and for the State and county aforesaid, personally appeared John L. Griffith, who, having been duly sworn according to law, deposes and says that he is the publisher of THE ATHLETIC JOURNAL, and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912, as amended by the Act of March 3, 1933, embodied in section 537, Postal Laws and Regulations, printed on the reverse of this form, to wit:

1. That the names and addresses of the publisher, editor, and business managers are: Publisher, John L. Griffith, 6858 Glenwood Ave., Chicago. Editor, John L. Griffith, 6858 Glenwood Ave., Chicago. Business Manager, John L. Griffith, 6858 Glenwood Ave., Chicago.

2. That the owner is: (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding one per cent or more of the total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a firm, company, or other unincorporated concern, its name and address, as well as those of each individual member, must be given.) John L. Griffith, 6858 Glenwood Ave., Chicago.

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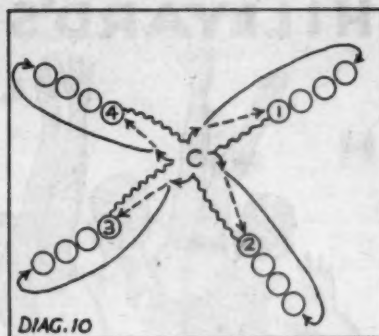
5. That the average number of copies of each issue of this publication sold or distributed, through the mails or otherwise, to paid subscribers during the twelve months preceding the date shown above is..... (This information is required from daily publications only.)

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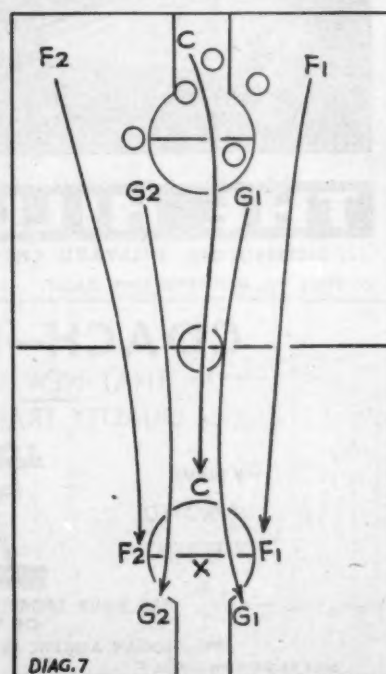
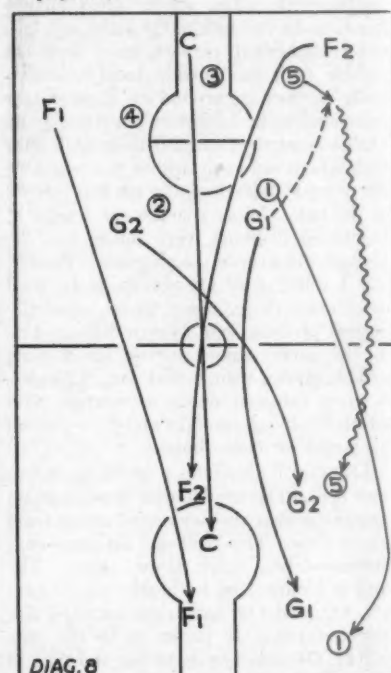


Defense Against The Fast Break

(Continued from page 20)

With two men down one side when a guard intercepts, a situation with two defensive guards on one side of the floor may result as shown by Diagram 8.

The size of the floor and the abilities, both mental and physical, of the players will determine many variations used by coaches, but the situations given in the accompanying diagrams will be found to be basic and sound. Coaches will find there are many "do's" and "don't's" connected with this defense. The most important of all these will be found to be (1) "DO" start fast and keep going till you are sure you are ahead of the play, and (2) "Don't" try to stop a fast break in mid floor after it has been started. Wait till it begins to converge near the free-throw circle area and then give it all you have. Drill and more drill on this type of defense will make it more efficient and sharpen the play of the men in other departments of the game.



Play Of The Defensive Linemen

(Continued from page 14)

hands, and adjusting his speed to that of the blockers. He plays off the blockers, and maintains a slight outside position on the ball-carrier. Thus he forces the runner to come up, to cut back, to stretch wider, to be tackled, or to be run out of bounds. If he cuts back or comes up, the end drives hard over the near blocker, timing his thrust at the ball-carrier as he moves up to the line of scrimmage. The forearms help lift the opponents out of the way. The tackle and line-backer move up for the wide cut-back, while the weak-side

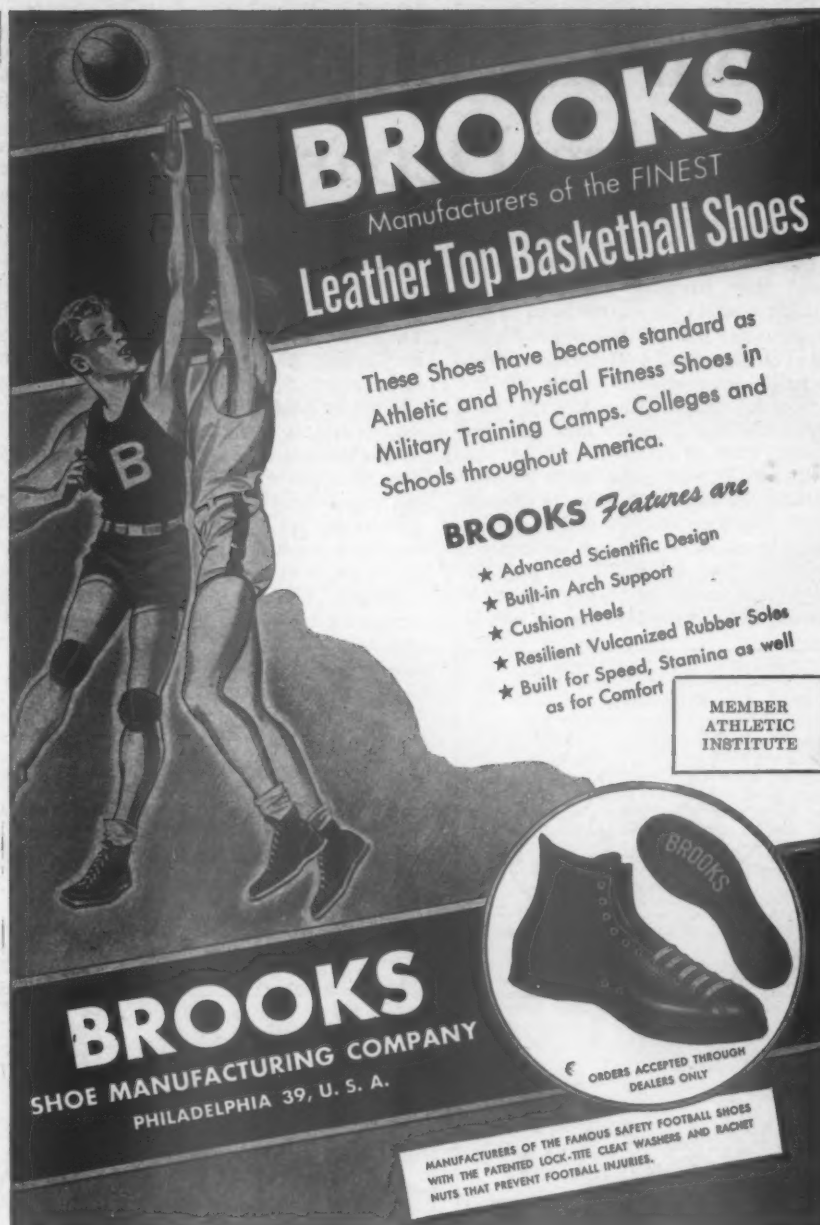
deep back helps the end on the wide run. Many times the deep back will make his bid for a tackle on the line of scrimmage if the end has missed his attempted tackle. All four men co-ordinate on these plays and each performs an important part in their execution.

Here is another favorable method for the defensive end to use in recovering on an outside sweep after an inside threat when he finds himself outmanned and in the process of being encircled. The deep blockers are fast, and as he plays off the near blocker, or blockers, he will be run over or crowded in as the offense drives outside of him. The end must pull out of this trap quickly, and the cross-stepping, fading-maneuver cannot be used here, even to retreat while hand-fighting the blockers is much too slow. His recovery must be made quickly or the ball-carrier and his blockers will "mow him down." Having met the blockers on the first charge with the inside leg extended, he steps back with this leg in order to free it from the near blocker. He then pivots sharply to the rear on the outside leg. In a whirling action he completes the pivot, circling deep and to the outside of the blockers. If successful, he regains his lost position and may crash into the interference or ride it wider. An important thought to remember is to finish the whirling movement with a sparring use of the hands and forearms. If the hard-driving blockers have overshot or been thrown off balance by this quick maneuver, they can be dumped together or brought under control by proper hand-thrusts. On occasion a surprised blocker may be forced into his own ball-carrier.

In summing up these remarks on defensive line play, let it be said that proper evaluation may be made as follows, the reader keeping in mind that the defensive alignment is as presented in the preceding paragraphs.

The strong-side linemen should feel that the average offensives' greatest strength to their side are wide plays. If the end, tackle, guard and line-backer work together, the inside plays should be stopped. Conversely, the weak-side defenders will have most of their trouble against the inside plays. Time is on their side, enabling them to recover and ward off the outside threat. Their primary defensive, therefore, should be thrown against the inside thrusts.

Perhaps, in their proper order of execution, we could mention the individual maneuvers of weak-side defenders as initial charge, meeting opponent's charge, angling toward the middle, going to the ball, committing or "riding out" on a wide play, and keeping closely-knit relationship with team mates. The key to steady, successful weak-side line play is the all-important first movement of angling in on the initial charge. It affords protection, and from that position the various defensive tactics may be executed.



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Question: In certain T formation systems, they advocate passing the ball straight back to the quarterback. Frank Leahy states that the ball comes back to about 30 degrees off a straight line, caused naturally by the center taking the first step of his charge. How does the center under the first system keep the ball straight when he charges?

Answer: In passing the ball to the quarterback, the center has only the responsibility of getting the ball in the quarterback's hands as quickly and accurately as possible. The quarterback can help give the center a target for placing the ball by exerting a slight upward pressure with his

top hand. By merely bending his elbow naturally, the center lifts the ball and places it directly to the center of his body. The fact that in the majority of cases in his blocking, his first step is a short one directly forward, it is easier for him to hit a target by bending his elbow and placing the ball directly in the center of his crotch. In this movement he is not moving away from the hands of his quarterback, and the ball travels the shortest distance possible.

Question: What are the advantages of the quarterback floating or sliding as in Faurot's style of the T?

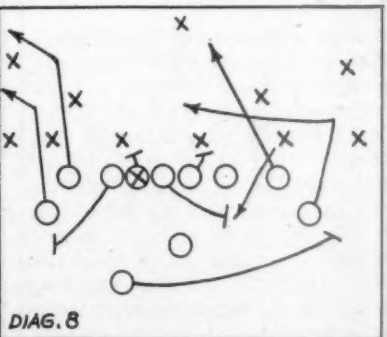
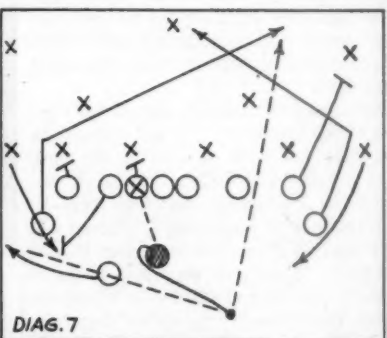
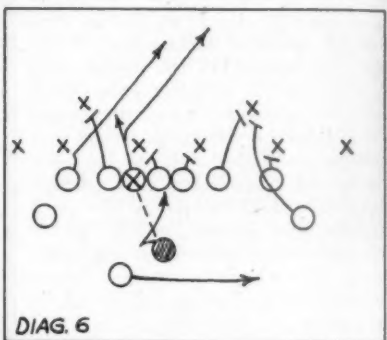
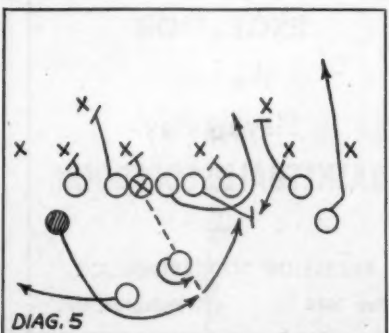
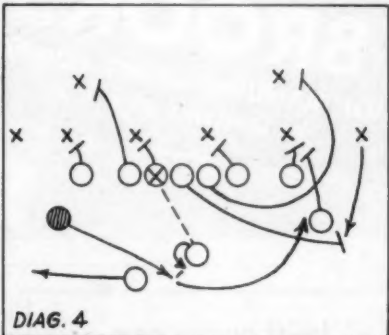
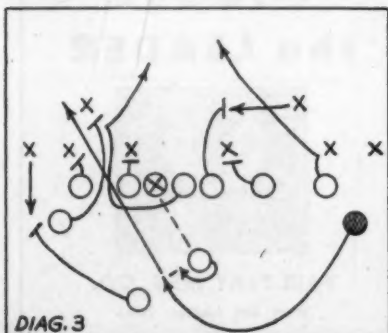
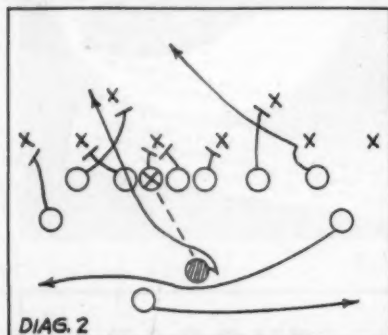
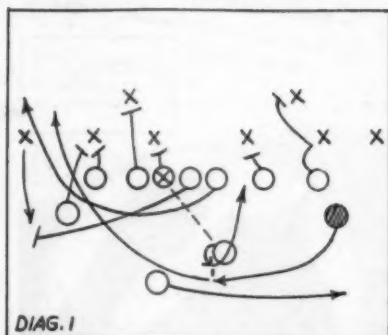
Answer: The fact that Coach Faurot spreads his line on both sides of the center accounts much for the fact that his quarterback must "slide" along the line of scrimmage to hand the ball to his backs. The split between the offensive linemen in this T enables the offensive linemen to gain better blocking angles on opponents. This T formation style has definitely a fine wide threat due to the fact that if the end boxes the original ball-handler, the quarterback keeps the ball and drives off his defensive tackle. If the end crashes, the quarterback tosses a lateral to his trailing back, thus making a double threat on the sweep. The quarterback has to move

along the line of scrimmage in this style of the T in order to pass the ball to the backs on off-tackle plays. This accounts for the so-called sliding quarterback.

Question: What are some basic running and passing plays from the double wing, and what are the strengths and weaknesses of that formation?

Answer: The double-wing back formation is an excellent passing formation due to the fact that an offensive team can throw out four possible pass receivers. Both ends and throwing backs are receivers. With four receivers, it is possible to confuse a zone defense, or to gang up on one man in a man-to-man defense, as you gang up on a man in a zone defense.

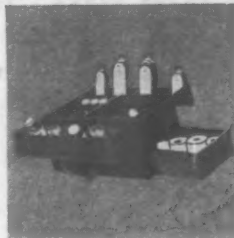
As for the running attack of the double-wing back formation, the best power lies in the drives between the tackles. The short reverses are good plays, and the spinner bucks and traps are good power plays but call for a fast shifty fullback with power. The wide plays in the double wing are too slow in developing to be effective.



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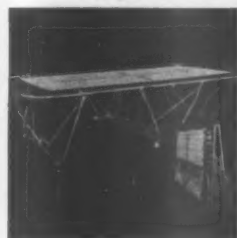


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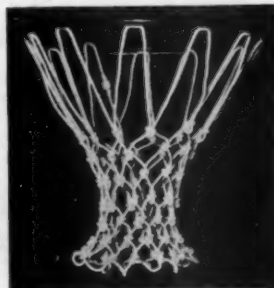
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(Continued from page 5)

goods profession. Dee was coach and director at Ottawa and Washburn Universities and is now managing Capital Sporting Goods Company in Topeka. . . . President Carey Croneis of Beloit College appreciates the value of athletics, having been tennis coach at the University of Alabama at one time. . . . Schools in the Detroit area are asking the Michigan Association what their attitude is toward rowing as an interscholastic sport. . . . Roland, "the old Kickapoo" Logan, besides being a swell guy and a great trainer has the distinction of being the only trainer to ever train two Sullivan Award winners—Glenn Cunningham and James Bausch. Rolly tells us that Mike Ryan, trainer at Idaho University had five children in the service, and Mike wanted to get in also. In Idaho they call the Ryans, "the fightingest family." Mike's friends will be sorry to learn, he lost one boy and that another was seriously injured.

JOSEPH McDANIEL comes to Syracuse as wrestling coach with a wealth of experience gained as coach at St. Paul's Valley, Oklahoma High School, the University of Maryland and last served as assistant at Oklahoma A. & M. . . . At Muskegon, Michigan High School, Lee Redmond starts his twenty-second year.

HOWIE SMITH, for the past ten years coach at Mount St. Michael's Academy in New York City is assisting at Holy Cross this year. Smith played on Rockne's 1929 team. . . . Lieutenant Colonel Blandy B. Clarkson, V. M. I. director of athletics for twenty-six years, has resigned effective July 1947. Frank Summers, Hampden Sydney College athletic director and V. M. I. graduate is Clarkson's successor. . . . Ted Rosequist, coach at Cleveland South High School has been named line coach at Brooklyn College.

ADAM KRETOWICZ, former Holy Cross end is the new athletic director and football coach at St. James High School, Red Bank, New Jersey. . . . Another Holy Cross footballer, Ed Murphy, has entered the coaching profession by accepting the football spot at Dracut, Massachusetts High School. Ed was a member of the East team in the 1943 Shrine Game. Washington and Lee signed Fred Perry, world's amateur and professional tennis champion of several seasons back to handle the candidates for the net team. . . . Tony Kamel, a star guard for the Vandals in 1937-39 has accepted a position as head coach at Mountain Home, Idaho, High School.

S-0270

A conference of the type suggested, would, among other things, present to all present the activities of the various organizations, so that the bill would not supplant, but augment the activities of these organizations.

Our personal feeling on a bill of this type is that a tremendous amount of good might be achieved by an exhaustive survey into the facilities and the amount of time these facilities are in use. Specifically, there are no figures available as to the number of tennis courts in the country nor as to the amount of time these courts stand idle. In one community every minute of playable time may find the courts in use while in another community the courts may be idle for a third of the time. It doesn't take deep thought to convince us that one of the recreational needs of the first mentioned community is additional courts or that it is folly to spend money for more courts in the second community, but instead to spend the money by putting on tennis clinics.

No group of individuals is more closely associated and concerned with recreation than the coaches and physical education instructors of the schools of this country. Your opinions are valuable and desired. We want you to advise us what you think of the existing bill and if not adequate what you would like to see the bill contain.

Conditions Beyond Our Control

THE heading of this editorial is today one of the most common phrases used in business. The ATHLETIC JOURNAL has one purpose and that is to present each month to our 14,000 subscribers material relative to athletics and physical education. To achieve that purpose we are dependent upon numerous services, such as, the paper mills of West Virginia and Wisconsin, engravers in California and New York, ink manufacturers in New England, etc. In fact, being a national publication, we feel practically any disruption of the nation's economy.

It is the policy of the ATHLETIC JOURNAL to mail each issue, so that it reaches our readers within several days of the first of the publication month. We have arranged our editorial matter to conform with this policy. In other words we will attempt to present material on a sport before, and during, the early months of that sport season.

Since February we have been able to follow the mailing schedule fairly closely. We wish we could say, hereafter, you will receive the JOURNAL by the fifth of each month, but to make such a statement would be unwise, because of conditions over which we have no control. We are trying though, so please bear with us in the event of a delay in receiving your copy. Should, for example, the November issue be held up for any reason, please be patient. Last October we experienced a delay and notified our readers. We hope that this announcement will suffice for any lateness we might experience.

for OCTOBER, 1946

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OCTOBER, 1946

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